

OJIBWE INAAJIMOWIN

January 2012

"The story as it's told."

Volume 14 • Number 1

You're Invited to the 2012 State of the Band Address



Last year, more than 1,000 Band members, tribal government employees, state dignitaries, and tribal leaders attended the State of the Band Address. Students from Nay Ah Shing School sang the National Anthem.

The 28th annual Mille Lacs Band State of the Band Address will be held on Tuesday, January 10, at 10 a.m. at the Grand Casino Mille Lacs Events & Convention Center. All Band members are invited to attend.

This year's address will feature special performances by the Little Otter Singers, Nay Ah Shing middle schoolers, and Bela Nayquonabe and Megan Saboo, who will sing the National Anthem.

Band statute authorizes the Chief Executive to "present to the Band Assembly an annual State of the Band Address on the second Tuesday of January of each calendar year" [4MLBSA 6(i)]. Although they are not required to do so by law, the Secretary/Treasurer, Chief Justice, and Commissioner

of Administration may also speak at the State of the Band event.

Art Gahbow gave the first State of the Band Address in 1983. The Mille Lacs Band was the first tribe in Minnesota to provide a formal update in this way; other tribes have since followed suit.

"In our lifetimes, we had seen the federal government terminate tribes, so Band leaders decided that the Band needed to start acting more like the government that it really was," said Chief Executive Marge Anderson. "The State of the Band Address was one way for the Band to do that, as was the separation of powers government, which was adopted around the same time."

Photo from Band news archives

New Majority Leader Supports Gaming Expansion

By Jamie Edwards, director of government affairs

In the middle of the Governor's push to find a Vikings stadium funding source, Senate Majority Leader Amy Koch resigned in controversy and the chair of the Minnesota Republican Party resigned amid the party's financial woes, leaving tribes to assess how these political changes could affect talks about gaming expansion as a possible funding source.

On December 27, racino bill author Dave Senjem became the new Senate Majority Leader. He supports racinos at Canterbury Park and Running Aces, with some of the profits going toward a new stadium. As one of the state's three most powerful politicians – along with Governor Dayton and House Speaker Zellers – he will lead the decision-making on which Senate committees hear a bill, and can put a bill on the fast track or prevent it from being heard.

The next state Republican Party chairperson is expected to be named as the *Inaaqimowin* is being printed. While this person won't directly impact the fate of today's gaming expansion proposals as much as Majority Leader Senjem, the opinions of the incoming chair could affect the Republican platform on gaming expansion in general. Currently the GOP platform opposes expansion.

Shortly before the shakeups

in the Senate and the Republican Party, the Minnesota Senate held two public informational hearings about a proposed Vikings stadium, including how that stadium might be funded. Some have supported gaming expansion as a possible way to finance the state's portion of the \$1.1 billion stadium.

Grand Casino Hinckley General Manager Mel Towle and Pine County Commissioner Stephen Hallan testified on behalf of the Mille Lacs Band at the hearing on December 6.

"It has been rewarding to see so many people from my hometown in jobs that they enjoy and that allow them to provide for themselves and their families," Mel told legislators. "It's difficult to understand why state leaders would intentionally put these quality jobs and opportunities in jeopardy."

"We recognize that Grand Casino Hinckley plays a vital role in our economy and tourism, and contributes significantly to local infrastructure and charitable causes," Commissioner Hallan stated. "On behalf of Pine County, I respectfully urge your committees and the Minnesota Legislature to reject gaming expansion. The people and economy of Pine County rely on Grand Casino Hinckley to play a major role in our continued prosperity."

(Continued on page 2)



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UMD Master's Program Attracts Eight From Mille Lacs

When the Master of Tribal Administration and Governance (MTAG) degree program started at the University of Minnesota Duluth (UMD) last fall, eight of the 25 students came from Mille Lacs – more than anywhere else.

"We have an outstanding group from the Mille Lacs Band," said Tadd Johnson, who heads the American Indian Studies Department at UMD and developed the MTAG program. Prior to that, Tadd served the Band as special counsel on government affairs for many years. "People from Mille Lacs tend to be among the forerunners when it comes to long-term tribal planning, effective self-governance, and good investments in businesses and the community."

The Mille Lacs students are a mix of Band members, tribal government employees, and Corporate Commission/Grand Casino employees. They include Shelly Day, Becky Houle, Gail Kulick, Sam Moose, Joe Nayquonabe, Peter Nayquonabe, Carolyn Shaw, and Crystal Weckert.

"The first semester has already provided information that helps me understand why things are the way they are in regard to federal Indian policy," said Carolyn Shaw, the Band's Commissioner of Administration. "Learning about the important aspects of tribal sovereignty will help me

as a leader, because what I learn can be applied directly to any role serving tribal government."

"The concepts and principles that are part of MTAG are not everyday things that we are able to focus on as business professionals for the casinos, but they are very important. Learning about tribal sovereignty, Indian law, ethics, and tribal management is something that I could not obtain without a program like MTAG," said Joe Nayquonabe, Corporate Director of Marketing.

The students primarily take classes online, but they meet on campus every third weekend. According to Tadd, the program could become even more Internet-based to better accommodate the schedules of working adult students nationwide.

The first group of MTAG students will receive their master's degrees in the spring of 2013.

Next round of applicants

Tadd is seeking the next round of MTAG students who will begin the program together in the fall of 2012. If you are considering tribal leadership or management in your future or if you want to enhance your capabilities in your current role, visit www.umdmtag.org for more information.

Majority Leader

(Continued from page 1)

The gaming expansion options being discussed include a state-owned casino at Block E in Minneapolis, slot machines at the state's race tracks, and electronic pull tabs at bars. The White Earth Band has proposed to build and manage a casino in Arden Hills, while a group from the Iron Range wants permission to add gambling to a race track.

Any kind of gaming expansion would have a drastic effect on Grand Casino Mille Lacs, Grand Casino Hinckley, the Mille Lacs Band of Ojibwe, and many of the people and businesses that work with us.

No formal proposal for a new Vikings stadium has been

introduced yet, but it is expected to be a highly discussed topic during the 2012 legislative session, which convenes on January 24.

The Band supports the Vikings, but we will work hard to defeat any gaming expansion that would hurt the Mille Lacs Band and Grand Casinos. Gaming expansion would kill jobs in rural communities, which would be difficult – if not impossible – to replace.

Names and Faces



Photos courtesy of Shane Hamilton



Photos courtesy of Jerry Johnson

Band Member to Study Abroad in Seven European Cities

Shane Hamilton, Band member and junior at the University of Wisconsin River Falls (UWRF), will travel with 37 other UWRF students to seven European cities over the course of a semester.

The group of students will travel to London, Paris, Brussels, Berlin, Prague, Verona and Vienna. Unlike other study abroad programs where students select one city to live in, Shane and the others will spend one to two weeks in each city during the semester-long program.

Professors from UWRF will accompany the students and teach courses in a sequence designed to incorporate specific European landmarks and cultures. While abroad, Shane will study European politics, international relations, contemporary European cultures and societies, and urban geography. Each of the courses will count toward his political science degree.

Although Shane has spent time outside the United States, this will be his first time in Europe.

"It's hard to decide what part of the program I am most excited about, but I am really looking forward to my international relations class, which will be taught in Paris and Brussels," said Shane.

Part of the program requires the students to make their own lodging accommodations. At the end of the program, students will also have two weeks of free time to travel wherever they want using their rail pass.

"Since I have spent time outside the country, I'm not nervous about the traveling part, just the food because I am a picky eater," said Shane.

Band member deploys to Kuwait

Mille Lacs Band member Robert Moose is one of the 2,400 soldiers from the Minnesota Army National Guard's Bloomington-based 1st Brigade Combat Team, 34th Infantry Division who have been deployed to Kuwait.

This group of soldiers marks the second largest state deployment since World War II. The soldiers have been assigned to support Operation New Dawn, the U.S. drawdown phase of Operation Iraqi Freedom.

Robert graduated from Lakeview Christian Academy in Duluth and completed his basic training at Fort Benning, Georgia, in 2010. Robert underwent specialized training for this deployment at Fort McCoy, Wisconsin.



Photos courtesy of Mary Jo Jennings

Band member named student of the month

Band member Marty Jennings received student of the month from Hoover Elementary in November. Marty is in fourth grade. Congratulations!

2012 Election Calendar

Provided by the Minnesota Chippewa Tribe

- January 4: Last day for sitting RTC member to give notice of resignation to file for other RTC office.
- January 13: Last day for sitting RTC member to give notice of resignation to file for vacated RTC seat.
- January 18: Notify MCT on choice of appellate forum.
- January 18: Selection of Election Court of Appeals Judge.
- January 20: Election Announcement.
- January 23: Opening of period for filing for office.
- February 3: Close of filing period.
- February 17: Deadline for Notice of Certifications to TEC.
- February 20: Challenge certification or non-certification to MCT or 48 hours from receipt of notice of certification.
- February 22: Decision of certification or non-certification or within 48 hours of appeal.
- February 27: Deadline for appointment of Election Boards.
- February 27: Deadline for appointment of Election Contest Judge.
- February 28: TEC provides ballots for Primary Election.
- February 28: Notice of Primary.
- April 3: Primary Election.
- April 4: General Reservation Election Board certifies Primary Results.
- April 5: General Reservation Election Board publishes Primary Results.
- April 6: Deadline for Request for Recount.
- April 10: 4:30 p.m. - Deadline for Contest of Primary Election.
- April 11: (Results, if allowed or 9th or 10th if earlier request). Decision on Request for Recount and Results of Recount.
- April 20: Deadline for Decision on Contest.
- April 23: Deadline for Appeal to Court of Election Appeals.
- April 26: Record of Contest to Court of Election Appeals.
- April 30: Last Day for Hearing on Appeal.
- May 10: Last Day for Decision on Appeal.
- May 11: Notice of Regular Election. TEC provides ballots.
- June 12: General Election.
- June 13: General Reservation Election Board certifies results of Election.
- June 14: General Reservation Election Board publishes Election results.
- June 15: Deadline for Request for Recount.
- June 19: 4:30 p.m. - Deadline for Notice of Contest.
- June 20 (or 18th or 19th if request for Recount is filed before deadline): Decision on Request for Recount and Results of Recount, if allowed.
- June 29, (or ten days from Notice of Contest, whichever is sooner): Deadline for Decision on Contest.
- July 3: Deadline for appeal to Court of Election Appeals.
- July 6: Record of contest forwarded to Court of Election Appeals.
- July 10: Last Day for Hearing on Appeal (hearing within seven days notice of appeal).
- July 17: Winning candidates assume office by operation of law, unless sooner seated, or the election is subject of appeal to the Court of Election Appeals.
- Ten days from Hearing on Appeal: Deadline for decision of the Court of Elections Appeal.
- Day following Decision of Appeal: Winning candidate prevailing on appeal takes office.

Per Capita Payment Changes

By John Gerdener, Commissioner of Finance

There have been several recent changes made to Band statutes that will impact future per capita payments.

Outside parties aside from child support and the IRS will not be able to take funds directly from per capita checks. However, this does not exclude Band-related debt, or debt owed to a fellow Band member. Court orders that were put in place prior to this enactment will still be honored until paid in full.

Voluntary withholding can only be made for a debt owed to the Band and its entities, a political subdivision, or an outside vendor that provides heating, fuel or electricity to the Band member's residence. Band members will be charged a one-time \$10 setup fee and a \$5 monthly processing fee for each future voluntary withholding.

Upon picking up your next check in January, you will be asked to sign your name and put your thumb print next to your signature. This change is intended to make the per capita payments more secure for everyone.

Band members are encouraged to utilize direct deposit for their checks or have their checks mailed first class to their residence. The Band is also looking into providing an automatically loaded debit card arranged for those Band members who don't sign up for direct deposit. If the Band pursues this option, the change would not go into effect until the end of next year.

If you have questions about the new policies contact John Gerdener, Commissioner of Finance, at 320-532-7475 or Kathy Heyer, per capita accountant, at 320-532-7472.

Powwow Committee to Elect New Members and Officers

The Mille Lacs Band of Ojibwe's traditional powwow committee is hosting its opening session this month to seat new committee members and elect new officers. The date, time and location will be posted at the Government Center and each of the district community centers once the details have been finalized.

The powwow committee is currently seeking Band members and employees who are

interested in serving on this committee. All committee members serve on a volunteer basis and commit to attending committee meetings and performing specific powwow tasks throughout the year.

If you are interested in becoming a committee member or officer or would like more information about the committee, contact Molly Judkins at 320-532-7828.

Congressman Kildee Retiring



Photo courtesy of Molly Judkins

Chief Executive Marge Anderson recently met with Congressman Dale Kildee (D-Michigan), who is retiring from the U.S. House of Representatives. Congressman Kildee is a founder and long-time co-chair of the Native American Caucus in the House, and has been a good friend to tribes including the Mille Lacs Band. Marge congratulated the Congressman on his retirement and thanked him for his support of the Band.

Remembering My Inspiration to Become a Doctor

Mille Lacs Band member Dr. Arne Vainio, who works on the Fond du Lac Reservation, shares his personal experiences in a series of articles in News From Indian Country.

Below is an excerpt from Arne's article:

There are maybe two handfuls of people I can credit for helping me become a doctor. Walt Boorsma is one of them. I first met him when I was about 18 and unemployed. He was desperately looking for someone to do manual labor on a construction job for a few weeks, and he found me in a bar.

I showed up for work the next morning, and he put me to work digging in a ditch with a shovel. By the end of my first week, he showed me how to operate a bulldozer and the week after that I was operating a backhoe.

I ended up working for him for years and was the foreman and superintendent for his construction company. He trusted my judgment and was not afraid to tell me so. We had one especially good year, and he gave me the choice of a week in Jamaica with his family or \$1,500 as a Christmas bonus. At the time I was trying to build a house for my mother and reluctantly had to choose the money. He knew I had never been anywhere and gave me the money and the trip.

After a few years, I wanted to be closer to home to start working on my mother's house, and we parted ways. I rarely had a chance to talk with him until it was time to apply for medical school, and I needed letters of recommendation for my interviews. These usually come from college professors and people with medical backgrounds, but it was important to me to have Walt write one of my letters. He told me he was proud to write the letter and that he was sure I could reach my goal.

As I pursued my medical school education, Walt and I saw each other briefly. Then his son Tom committed suicide. At the funeral service, Walt spoke in front of the congregation, but mostly he talked to Tom's casket. He was deeply hurt by Tom's death and was eloquently blaming himself in front of everyone.

This broke my heart. My father committed suicide more than 45 years ago, and I had put the blame for his death on myself for much of that time.

I responded by speaking to Walt in front of everyone and telling him how I blamed myself for my father's suicide, but I didn't make him do it. No one could possibly know what Tom was thinking. My father knew. No one was responsible for Tom's death. Only Tom.

I thanked Walt in front of everyone for taking a chance on me. He saw something in me when I was 18 that few other people could see and he allowed it to grow. I would not be a doctor if it wasn't for Walt, and I wanted him and everyone else to know that. He did all the things fathers should do. He did these things for me and he did them for Tom. Walt stood up and we held each other in front of everyone. "Thank you," he whispered.

Two years ago I found out Walt had cancer. It was uncertain what type it was, but it had spread from his back into his lungs. I was able to talk to him by phone a few times. He was still as sharp as ever and did not feel sorry for himself.

Then his cancer spread to his brain. He underwent a series of radiation treatments to try to shrink the tumor, and he remained hopeful. He was weak from the chemotherapy and radiation treatments, and he fell while trying to get up from the table. He fractured his tailbone and couldn't be at home any more.

His decline was rapid and relentless. He was moved to a nursing home, and his son let me know I should see him since he was confused and hadn't eaten in six days.

I went to the nursing home and was looking for him in the dining hall. I couldn't see him and the nurse told me, "You're standing right next to him." I didn't recognize him. He was swollen from his treatments, and his silver hair and beard were gone. The always present twinkle in his eyes and his outstretched hand weren't there either.

I knelt down next to him and said, "Walt, it's Arne. I wanted to thank you for everything you've done for me. I wouldn't be a doctor if it wasn't for you. My life is better because you were in it."

But he didn't recognize me. "I think you've got the wrong guy," he said.

He died five days later. Maybe he can recognize me now.

Diabetes Program Announcements

By Johanna Larson, diabetes program coordinator

Decrease your blood sugar in 2012

Did you know that a combination of diet and exercise can provide the greatest decrease in blood sugar? In fact, with diet and exercise you can lower your HgbA1c (blood sugar) level by up to 3%, which is more than most medicines alone can provide.

The Mille Lacs Band diabetes program encourages Band members to start the new year by visiting the dietitians' and fitness professionals' offices in each district and attending the program's health and wellness events.

The diabetes program staff wishes all Band members a healthy 2012!

January healthy heart event

To learn more about lowering blood sugar levels, attend January's healthy heart class, which will show the DVD "Walking Down Your Blood Sugars." The class is scheduled for Tuesday, January 24, at the District III Community Center and Tuesday, January 31, at the District I Community Center – both at noon.

Diabetes group education classes resume

The diabetes program staff is partnering with Grand Casino Mille Lacs to host diabetes education classes for all community members and Associates. These classes are

encouraged for anyone who is newly diagnosed with diabetes or pre-diabetes, has not had diabetes education before, or needs a refresher on anything diabetes-related.

Diabetes education classes will be offered throughout the year. This month classes will be held from 1-3 p.m. on the second and fourth Fridays (January 13 and 27) in the teamwork room at Grand Casino Mille Lacs.

If you have questions or are interested in attending but are unable to make the first meeting on January 13, contact Johanna Larson at 320-532-7790.

Monthly family meal nights

The diabetes program will host monthly family meal nights beginning in January. These nights are for families who are interested in learning tips on preparing healthy meals and would like to get the whole family involved in the dinner-making process.

Family meal nights will offer fun physical activities for children while parents and Elders have an opportunity to ask the diabetes program staff health-related questions. Each family, including children, will cook a meal and everyone will eat together as a group.

The first family meal night is scheduled for Thursday, January 26, at 5:30 p.m. at the District I Community Center. For more information contact Johanna Larson at 320-532-7790.

Warriors Weight Loss Challenge Winners

Eighty people participated in the Warriors Weight Loss Challenge during October, November and December. The three-month challenge was sponsored by Warriors Fight Promotions, which is owned by Mille Lacs Band member Bobby Anderson.

A \$500 prize was awarded to each of the three people who lost the highest percentage of weight during the challenge. The winners were:

- Wayne Johnson from Cambridge, who lost 51 pounds or 18.68%;
- Tracy Johnson from Cambridge, who lost 37 pounds or 17.70%; and
- Brian Anderson from Minneapolis, who lost 43 pounds or 17.13%.

Congratulations to all of the people who entered the challenge. We encourage everyone to keep working and training for a healthier life.

Mille Lacs Early Education Hosts Holiday Party



Railei Schaaf visits with Santa.



Leeland Smith visits with Santa.

By Tammy Wickstrom, early education director

On December 16, District I Mille Lacs Early Education had its annual holiday family event. Parents were invited for breakfast. This was followed by a program put on by the Head Start children, who sang and acted out a holiday alphabet story.

After the program Santa came to visit all of the children. All enrolled children received a present, two books, and a treat bag. Children were able to have their picture taken with Santa and tell him their wish list.

Mille Lacs Early Education would like to say mii gwech to Dennis Olson, Sandra Blake, Curt Kalk, Marvin Bruneau, and Diane Gibbs for donating money to ensure Early Education students in all three districts received a present this year. Santa's visit is one of the most fun and exciting days for the children.

By Deb Campbell, Department of Labor lead instructor

GED exam offered at Mille Lacs Band Tribal College

The Mille Lacs Band's Department of Labor is offering GED exams at the Mille Lacs Band Tribal College on January 20 and 27, April 13 and 20, and August 10 and 17 between 10:30 a.m. and 4 p.m.

The GED exam is a series of tests in five subject areas. A new edition of the GED exam is scheduled to be released in January 2014. Test takers will need to pass all five subject area tests before 2014, otherwise test takers will be required to retake the entire GED exam in the new format. This also applies to anyone who has taken the 2002 version of the GED exam. The new version of the GED exam will be computer-based, but web-based, and will include more essays than the current GED exam version.

The series of tests costs \$60 per person. If you are retaking individual tests, each test costs \$12. If an agency is funding your GED exam, the series of tests costs \$100, and each individual test costs \$20.

If you are interested in taking the exam at the Tribal College, you must register with Melissa Lupinek, chief examiner, at 320-223-3826 or 763-689-6230.

GED scholarships and preparation classes

Mille Lacs Band members and first generation descendants may be eligible to use educational enrichment funds for test fees. Educational enrichment funds are available once per fiscal year. To be eligible, you must be age 18 or older.

Application forms are available on the education section of the Mille Lacs Band's website (www.millieacsband.com).

For more information or to determine if you qualify for this scholarship, contact the Tribal College Scholarship Office at 320-532-3702.

Mille Lacs Band members, first generation descendants, and other federally recognized tribal members could also be eligible for the Department of

Department of Labor Announcements

Labor's GED preparation program, which covers the cost of exam fees for those who are eligible.

In the program, participants begin by taking the pretest, which identifies subject areas that need to be studied prior to taking the GED exam.

The GED preparation course for the math portion of the exam will be held at the Mille Lacs Department of Labor classroom at the government center on the first three Wednesdays in January (the 4th, 11th, and 18th) from 5-7 p.m. Topics that will be covered include test taking strategies, how to use formulas, how to use a calculator, and commonly missed questions on the math portion of the GED exam. A practice test will also be issued.

Band members interested in registering for the preparation course should bring their tribal identification, social security card, proof of their last six months of income, and complete the GED exam application on the first night of class.

For more information or to enroll in the GED program, contact Deb Campbell at 320-532-4741 or 800-922-4457.

Department of Labor classroom hours

The Department of Labor offers classroom hours in each district for Band members who would like assistance with resume and cover letter writing, online job searches, computer skills, and GED exam preparation. Following are the weekly classroom hours in each district:

District I Department of Labor classroom

- Mondays, Thursdays, and Fridays from 9 a.m.-5 p.m.
- Tuesdays from 1-5 p.m.
- Wednesdays from 9 a.m.-8 p.m.

District II East Lake modular

- Thursdays from 10 a.m.-3 p.m.

District III Chiminising Center

- Tuesdays from 1-4:30 p.m.

District III Lake Lena Community Center

- Wednesdays from 10 a.m.-3 p.m.

Commercial driver's license

On January 18 there will be an orientation at the District I Community Center from 10 a.m.-2 p.m. for anyone interested in obtaining a commercial driver's license.

More information will be available about upcoming trainings and job opportunities for commercial drivers at the following informational meetings scheduled for each district during the first week of January.

- District I Community Center: Tuesday, January 3, from 2-3 p.m.
- District II Community Center: Thursday, January 5, from 1-2 p.m.
- District IIa Community Center: Thursday, January 5, from 9-10 a.m.
- District III Community Center: Wednesday, January 4, from 11 a.m.-12 p.m.
- Hinckley Corporate Commission building: Wednesday, January 4, from 2-3 p.m.

Band members who are interested in becoming commercial drivers must complete a brief screening and are encouraged to attend one of the informational meetings prior to the orientation. To complete the screening or find out more about obtaining a commercial driver's license, contact Loretta Hansen at 320-532-7867 or Brenda Beaulieu at 320-532-4771.

Free Hearing Evaluations

To schedule an appointment for **Friday, January 13**, at Ne-la-Shing Clinic, call 320-532-4163. Walk-ins are welcome. We will do our best to serve you.

Hearmore Hearing has offices in St. Paul and Osseo. To schedule an appointment Monday through Friday, call the St. Paul office at 651-771-4019 or the Osseo office at 763-391-7433.

Public Health Department Updates

Gego Zagaswaaken (Don't Smoke) program announcements

By Carol Hernandez, Gego Zagaswaaken outreach coordinator, and Roberta Ladd, health educator



Carol Hernandez and Roberta Ladd handed out educational materials about smoking cessation during the Mille Lacs Band's "Great American Smoke Out" event in November.

In November, 39 Band members attended the "Great American Smoke Out" event sponsored by the Gego Zagaswaaken program. Gego Zagaswaaken program staff provided educational materials on secondhand smoke and how to quit smoking, smoking cessation advice, and door prizes for event attendees.

Gego Zagaswaaken staff would like to remind Band members to step outside to smoke, even though it may be cold. Doing so will help protect others from the dangers of secondhand smoke.

A recent study by the Mayo Clinic shows that the incidence of heart attacks and sudden cardiac deaths was cut in half among Minnesota residents in Olmsted County after a smoke-free ordinance took effect. More information on this study is available online at www.mayoclinic.org/news2011.

The smoking cessation program encourages all Band members who currently use commercial tobacco to consider making a resolution for a smoke-free lifestyle in 2012.

Band members who are making a resolution to quit commercial tobacco use can contact Roberta Ladd, health educator for the Band's smoking cessation program, at 320-532-7812 or Carol Hernandez, Gego Zagaswaaken outreach coordinator, at 320-532-7760 for information or support on how to stay commercial tobacco free. Roberta and Carol can also provide educational sessions on

the health risks of commercial tobacco and the dangers of secondhand smoke at work sites.

Lastly, watch your community newsletters for the dates of the 2012 community educational sessions, which will feature the program's new video along with hands-on demonstrations on how to make kinnikinnick.

Winter emergency kits

By Allison Harr, all-districts MCH coordinator

To prepare for a winter storm, the Federal Emergency Management Agency (FEMA) and the Mille Lacs Band public health emergency preparedness coordinators recommend creating an emergency kit for vehicles and homes.

The recommended supplies for a basic winter safety kit include a three-day water supply (about three gallons per person), three-day supply of non-perishable food, can opener, battery-powered radio, flashlight, extra batteries for each, first aid kit, whistle to signal for help, moist towelettes, snow removal equipment, and warm clothing and bedding.

The kits should be customized to meet specific needs, such as medications, infant formula and diapers.

Also, in the event of a power outage, it is important to have alternative sources for heat in your home, such as a fireplace or wood-burning stove.

During long periods of lost power and extreme cold, text "shelter" and your zip code to 43362 (4FEMA) to find the nearest shelter in your area.

For more information about winter emergency preparedness plans and kits, visit the National Weather Service website at www.nws.noaa.gov.

Cold weather health concerns

By Donna Hormillosa, District III RN

Certain health issues can be aggravated by cold weather such as arthritis, asthma, heart disease, osteoporosis, carbon monoxide poisoning and frostbite.

Arthritis is a condition that causes joint swelling. Cold weather can further aggravate the joints affected by arthritis by causing inflammation in the tissues surrounding the joints, increasing pressure on the joints. Also, extra weight gained during

winter months can add more stress to joints. Dressing warmly, heating clothes in the dryer, and exercising on a regular basis can help those who suffer from arthritis.

Those affected by asthma should also take extra precautions during the cold weather months. A breath of cold air can trigger bronchospasms, a spasmodic contraction of the bronchial tubes in the lungs. Using a scarf or face mask to warm the air before it hits the lungs can help prevent these spasms.

Heart disease is another health condition that is often made worse by cold weather. Prolonged exposure to cold temperatures makes the body naturally contract its muscles in the arms and legs, which reroutes some of the blood to the vital organs. This can raise blood pressure and put stress on the heart, even without physical exertion. Dressing warmly will help prevent some of these problems.

Those affected by osteoporosis, a condition where bones have lost mass, should move with caution when encountering slippery surfaces to prevent falls that could fracture or break bones.

During winter months, the risk of carbon monoxide poisoning increases when heating sources, such as furnaces, are not properly vented. Symptoms include headache, nausea and confusion. People and pets exposed to the odorless and colorless gas should get fresh air as soon as possible and seek medical treatment.

Frostbite is a common injury that occurs when areas of the body are exposed to extreme temperatures for extended periods of time. The early stages of frostbite can cause burning, numbness, tingling, itching, or cold sensations in the affected areas. Eventually, there will be a decrease in blood pressure and sensation that can lead to a loss of feeling in the affected area. Swelling, blood-filled blisters, or skin discoloration may appear. The affected area should be reheated slowly by using warm (not hot) water. Rubbing or massaging frostbitten areas may cause tissue damage.

The public health department encourages Band members to stay safe and healthy while enjoying winter activities.

Are You Going To Take the Plunge?

Provided by Grand Casinos

This year, the first-ever Mille Lacs Polar Bear Plunge, sponsored by Grand Casino Mille Lacs, will take place on March 10 at Eddy's Lake Mille Lacs Resort. The Polar Bear Plunge is a unique opportunity for individuals, organizations and businesses to support Special Olympics athletes by jumping into frigid Minnesota waters.

The concept is simple: Participants raise a minimum of \$75 and take a dip in the lake. But the Polar Bear Plunge is also the kind of fun and exciting event that you really have to experience to understand.

So grab a friend, coworker, or family member – or do it alone and you'll have bragging rights for years to come. Not just anyone can say they jumped into a Minnesota lake in the dead of winter, right?

To register, visit [www.plungemn.org](http://plungemn.org). Select "Register," choose the Mille Lacs Plunge location, and follow the instructions from there. The Polar Bear Plunge is presented by Minnesota law enforcement as part of the year-round Law Enforcement Torch Run® events to benefit Special Olympics.

Waiting List Open for District III Early Education Program

By Cindi Cooley, early education parent mentor coach

The Mille Lacs Band early education program in District III wants to add children who are between 0-5 years old to the waiting list for its Early Head Start and Head Start programs.

When spots become available in either program, children who are on the waiting list will be selected to fill the space. Both programs focus on social/emotional development, Kindergarten readiness, Ojibwe culture, arts and crafts, and other fun activities.

If you are interested in signing up a child for the waiting list, contact Cindi Cooley or Becky Johnson at 320-532-4588 or 320-532-4690, ext. 2275, or fill out the waiting list application at the District III early education building.

Boys & Girls Club Honors Two Members of the Month

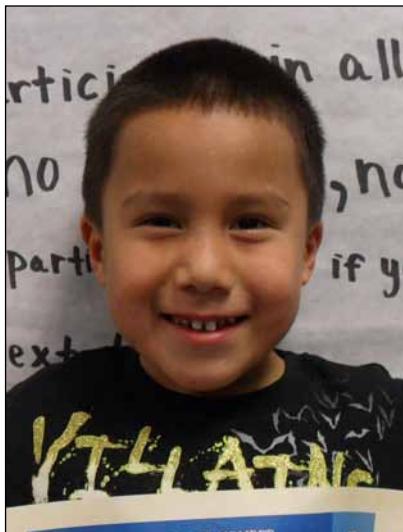


Band members Destiny Mitchell (left) and Mataeo Mitchell (right) were named Boys & Girls Club co-members of the month in December. They are both students at Nay Ah Shing School.

The Mille Lacs Band Boys & Girls Club honored Band members Destiny and Mataeo Mitchell as the club's December members of the month.

Destiny is a fourth-grader and Mataeo is a first-grader. Both attend Nay Ah Shing School.

To be chosen for this honor, participants must consistently



Photos courtesy of Justin Beaulieu

have a positive attitude and willingness to learn and try new things. Additionally, club members must show certain characteristics of leadership and attributes of a good role model.

Congratulations, Destiny and Mataeo!

Tribal Child Support Department Updates

By Amy Doyle, director of tribal child support

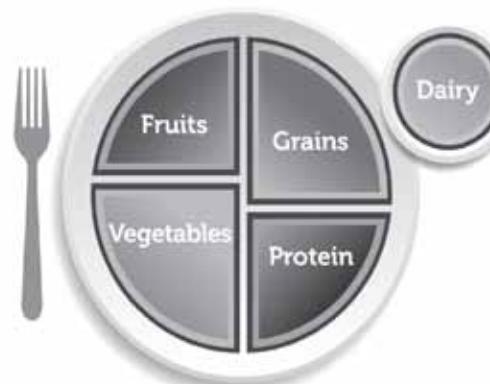
The Mille Lacs Band child support program encourages all unwed parents to request a paternity test before signing a Minnesota Recognition of Parentage (ROP) form, even if they believe the child is biologically theirs. Requesting a paternity test ensures all parties are legally protected and assists with the enrollment process for the Mille Lacs Band of the child.

When there is no ROP signed or paternity test taken, a court

hearing will be scheduled to order the presumed father to take a test. If the alleged father fails to appear in court on the date he is required to, the court case will be considered a default and it is subject to adjudication, which means the alleged father could be named the lawful father by tribal court.

If the court names the father by default the Mille Lacs Band's enrollment office does not accept adjudicated fathers as a legal parent when considering a child's Band enrollment status.

Food Distribution Program Adopts MyPlate Guidelines



ChooseMyPlate.gov

By Emergency Services Department staff

Move aside food pyramid; the federal government has established new food guidelines – MyPlate – to prompt Americans to think about building a healthy plate for each meal. The Band's Food Distribution Program is a part of the MyPlate initiative.

The MyPlate plan encourages Americans to fill half their plate with fruits and vegetables, eat whole grains as at least half of their daily grain intake, switch to fat-free or low-fat milk, and choose foods with lower amounts of sodium. The plan also recommends drinking water instead of sugary drinks and avoiding oversized portions.

The Band's Food Distribution Program is available to qualified households located in Mille Lacs, Crow Wing, Aitkin, Pine, Kanabec, and Sherburne counties, excluding those in Brainerd. At least one member of the household must be a member of a federally recognized tribe.

Application process

Applications for the program can be faxed, mailed or e-mailed to interested households and are available at several locations, including:

- Food Distribution Warehouse (Phone: 320-532-7510; Fax: 320-532-3725)
- Emergency Services Office (Phone: 320-532-7880; Fax: 320-532-7546)
- Government Center
- District community centers
- District Assisted Living Units

Hours

The Food Distribution Warehouse is located at 16745 Shaw Bosh Kung Drive in Onamia, which is near the powwow grounds. Food can

be picked up from the warehouse from 9 a.m.-noon and 12:30-3:30 p.m. Monday through Friday.

Applications and food orders can be submitted from 8 a.m.-noon and 1-5 p.m. Monday through Friday.

Tailgate deliveries are available for Elders, the handicapped, and homebound at the following locations and times:

- East Lake Assisted Living Unit: Third Tuesday of the month from 11 a.m.-1 p.m.
- Chiminising Community Center: Third Tuesday of the month from 2-4 p.m.
- Aazhoomog Community Center: Third Wednesday of the month from 11 a.m.-1 p.m.
- Hinckley Assisted Living Unit: Third Thursday of the month from 11 a.m.-1 p.m.

Contact the Food Distribution Program at 320-532-7510 for special closing times due to inventory management, holidays, and severe weather.

Food sampling

The food distribution and nutrition education programs are hosting a food sampling event at the District I Community Center on Thursday, January 12, from 11 a.m.-1 p.m. Band members will have the opportunity to sample bean soup and cornbread made from products available through the program, learn about other foods available through the program, and share recipes.

Similar events will be scheduled in each district. Watch for postings throughout the community.

Online resources

There are several online resources available to empower Americans to make healthier food choices.

- www.ChooseMyPlate.gov
- www.ChooseMyPlate.gov/SuperTracker
- www.DietaryGuidelines.gov
- www.LetsMove.gov

Additional information about the Food Distribution Program is available on the Mille Lacs Band website (www.millelacsband.com).

Heating, Water, and Home-Related Maintenance Problems

If you live in a Mille Lacs Band Housing-maintained home, call for housing maintenance service in your district. During regular business hours, please call our customer service representative at 800-709-6445, ext. 7799. If you live in a home not maintained by the Mille Lacs Band and need assistance after hours with utilities or heating, please call 866-822-8538. Press 1, 2 or 3 for your respective district.

Representative Gibbs Attends American Indian Women Leadership Training

District III Representative Diane Gibbs participated in the first-ever Go Run training for American Indian women in November. A total of 32 women, representing more than 12 tribal nations from across the Midwest, attended the training session at the Deep Portage Learning Center in Hackensack.

The women learned about effectively campaigning for elected office, building networks of supporters, and voicing their opinions on issues. The goal of the training was to develop ways to support more American Indian women who are running for public office, working on campaigns, and advancing their leadership in the public sector.

"It is critical that we have strong Native women who help lead our communities," said Diane. "This training session helped give me a new perspective on how we can help develop future female leaders in our communities."

Go Run was facilitated by the White House Project, a national nonpartisan, nonprofit organization that seeks to advance female leadership in all communities. Community member Elizabeth Scott helped lead the training session.

"American Indian women are ready to lead in their communities, whether it's on tribal land or on local, county and statewide levels," Elizabeth said. "When American Indian women have the specific tools and resources they need, they will be able to influence effective changes in public policy and elected offices in their communities."

Oral History Interviews

Donald Graves, Mille Lacs Band archivist, is looking for Band members to interview. If you are interested, please contact Donald at 320-532-7535 or 320-630-7752. His office is open from 8 a.m.-5 p.m. at the Mille Lacs Government Center.

Protecting the Band's Assets Against Shoplifters

Provided by the Corporate Commission

Shoplifting may seem like a victimless crime to the one performing it, but the ramifications of it are more far reaching than one might realize.

Not only does a retail theft at Corporate Commission-owned businesses affect the Mille Lacs Band, it also affects the customers and employees. The Corporate Commission receives less revenue, which means the Band receives less revenue as the Corporate Commission's owner. To compensate for this loss, the Corporate Commission must increase the price of goods, negatively affecting the community.

If the losses from thefts continue, the Corporate Commission may have to reduce costs by deferring pay raises for employees and/or reducing hours. These reactions to compensate for the revenue loss directly affect the economic health of the community.

According to the national security company J.R. Roberts Security Strategies, an average family of four will spend more than \$440 this year in higher prices because of inventory theft.

Shoplifting can also affect a store's profit margin. Take for example a store that has a 10% profit margin. If someone steals a \$2 item, the store will have to sell \$20 in merchandise to make up for that loss. Grocery stores often have profit margins of around 1%. So, if someone steals a pack of steaks worth \$7, a store would have to sell goods worth \$700 to recover the loss. Or, if one can of Campbell's soup is shoplifted, the store must sell at least 10 cans to make up for the theft. Driving off from a gas station without paying is also theft. If someone drives off after pumping 15 gallons of gas, the store has to sell more than 400 gallons of gas just to break even.

Shoplifting is not worth it. The Corporate Commission takes this offense very seriously due to the impact upon the community. Shoplifters, including minors, will be prosecuted and will suffer severe consequences, including jeopardizing future job prospects.

Be part of the solution

Shoplifting prevention is a critical factor in keeping a business viable. Please help protect the community.

Here are some simple tips to curb shoplifters:

- Report any suspicious incidents to store management; tips will remain anonymous
- Spread the word that shoplifting is not tolerated
- Teach family members to resist and prevent shoplifting

Be a part of the solution to prevent shoplifting at stores and businesses in your community.

Tribal Noteboard

Happy January birthday:

Janet, on January 1 with love from Tracy, Jenny, Wesley, Onee, Rachel, June, Taya, Noah, Kelly, Jay and Kellen • **Tracy**, on January 14 with love from Deek, Jen, Wes, Onee, Rachel, June, Taya, Noah, Kelly, Jay and Kellen • **Paul Jourdain "Ed,"** on January 9 with love from Auntie Mary, Jerome, Brent, Taryn, Brenda, Rome, Lucas, Jon, Timmy, Veronica, Michelle, Cam, Camryn, Cordell, Casey, Aunt Nan, Larry, Fran, Jage, Trista, Brandy, and the rest of your family • **Brent Bedausky**, on January 17 with love from Gramma Mary, dad, Taryn, Brenda, Rome, Lucas, Jon, Michelle, Cam, Camryn, Cordell, Casey, Tim, Veronica, Ed, Nan, Larry, Nya, Fran, Jage, Trista, Brandy and the rest of your family • **Anderson**, 15, on January 4 from mom, dad, Cordell, Chris Jr., Gram K, Gram AA, Sharon, Ravin, Melodie, Wally, Tracy, Shelby, Max Dean, Aidan, Jarvis, Jacob, Jamie, Ava, Markie, Emery, Val, Mariah, Baby Kevin, Brad, Rae, Waylon, Grandma Sandy, Rochelle, and Phoenix • **Jamie**, on January 19 with love from Aiva, Mark, Emery, Jake, Tracy, Val, Pie, Kevin Jr., Shelby, Max Dean, Aidan, Jarvis, Karen, Gram AA, Sharon, Wally, Ravin, Melodie, Nicole, Chris Sr., Jameson, Cordell, Chris Jr., Brad, Rae, and Waylon • **Sam**, on January 23 with love from Chey, Ron, Shay Shay, mom, Nate, Meech, Baby J, and Lala • **Meech**, on January 4 with love from Chey, Ron, Shay Shay, Auntie Tara, Sam, Nate, Baby J, and Lala • **Destiny**, on January 23 with love from Chey, Ron, and Shay Shay • **Gladys Benjamin**, on January 10 from Tina, Dawn, Eric, Cheyenna, Antoinette, Darren Jr., and Brianna • **Jeremy** **Harrington**, on January 22 from Carrie, J.D., Zachary, Jerry and Kira • **Robert**, on January 27 with love from Leland, Mom and kids • **Louise**, on January 27 with love from Leland Sam • **DeaLyna Rose Boyd**, 11, on January 9 with love from mom, Stone, Derek Jr., Frances, grandma, Rae, Joe, Simone, Selena, Mary, Jim, Doni, Bruce, Jack, Mase Jr., Shawsha, Sheila, Joey, Dante, Soul, Day Day, and Jeannette • **Derek Shinogbe Jr.**, 8, on January 1 with love from mom, DeaLyna, Stone, Frances, grandma, Selena, Mary, Rae, Jim, Jack, Bruce, Simone, Doni, Joey, Day Day, Mase Jr.,

Shawsha, Sheila, Soul, Jeannette, and Dante • **Rachel**, on January 14 with love from Danielle, Joe, mom, Simone, Doni, Joey, Sheila, Mary, Selena, Dante, Mase Jr., DeaLyna, Stone, Derek Jr., Frances, Shawsha, Soul, Day Day, Jim, Bruce, Jack, and Jeannette • **Joe**, on January 10 with love from Rachel, Simone, Doni, Joey, Sheila, and the rest of the family • **Lia Rae**, 11, on January 24 with love from mom, dad, Larissa and Corbin • **Jaeden Skye**, on January 17 with love from Jereck, Raenelle, and your cousins • **Shane James Boyd**, 24, on January 15 with love from mom, dad, Courtney, Connor, Dan, Kelsie, and the rest of your family • **Rodney Boyd Sr.**, on January 15 with love from Louise, Shane, Courtney, Connor, Dan, Kelsie, and the rest of the family • **Louise Davis**, on January 27 with love from Rod, Shane, Courtney, Dan, Kelsie, and the rest of your family • **Bobby Dee**, on January 27 with love from Louise, Rod, Shane, Courtney, Connor, Dan, Kelsie, and the rest of your family • **Rueben Rodriguez**, on January 14 from Louise, Rod, Shane, Courtney, Connor and Kelsie • **Elyssa Rodriguez**, on January 29 from Louise, Rod, Shane, Courtney, Connor and Kelsie • **D. Thomas**, 27, on January 31 from mom, Son, Chilah, Jayden, Jordan and Kimmy • **Little Will Sayers III**, 12, on January 25 with love from Grandma Sami, dad, Chilah, Debo, Jamin, Dayana, David, Drystin, Jayden, and Jordan • **Arthur Benjamin**, on January 13 with love from Janet, Rose, Kris Anne, and Dee • **Day Dayz**, on January 8 from Auntie Kim, Uncle Drew, Auntie Carla, Gramma Molly and Papa Scott • **Buddy**, on January 17 from Auntie Kim, Uncle Drew, Auntie Carla, Gramma Molly and Papa Scott • **Tara Yvonne Benjamin**, on January 21 with love from George, Shaun, Geo, Troy, Isaiah, Stephen, and Jasmine Jackson • **Rachel Boyd** from Tara B • **Lydia Smith**, from Tara B. • **Booz**, on January 7 with love from Meany, Elle, Jaxin, Tommy Lee, Chaddy, Lance, Gabby, Tina, Eric, Dulce, and the rest of your family • **Tommy Lee**, on January 27 with love from mom, dad, Elle, Jaxin, Gabby, Chaddy, Lance, grandma, and the rest of your family • **Elle Nevaeh**, on January 29 with love from mom, dad, Jaxin, Gabby, Tommy Lee, Chaddy, Lance, Bear, and the

rest of your family • **Ahnaka Sam**, on January 30 with love from Auntie Meany and family.

Happy January birthday to Mille Lacs Band Elders!

Mary Bellonger
Art Benjamin
Gladys Benjamin
Daniel Boyd
Edith Bush
Patricia Clark
Ronald Crown
Eugene Davis
Lorna Davis
Bonnie Dorr
John Dowell
Dora Duran
Isabel Eubanks
Janet Gahbow
Ella Garbow
Evelyn Granger
Rose Holmquist
Katherine Jackson
Charles Johnson
Grover Johnson
Patty Johnson
Richard Kegg
David Kost
Lucille Kuntz
Priscilla Lowman
Gloria Lowrie
David Matrious
Thomas McKenney
Temperance McLain
Michael Merrill
Mushkooub
Barbara Nelson
Cora Nelson
Rosalie Noonday
Dorothy Olson
Donna Pardun
Shelley Pindegayosh
Patricia Potter
Dora Sam
Joycelyn Shingobe
Bonnie Shingobe-Neeland
Larry Smallwood
Joseph Staples
Kathleen Vanheel
Walter Weyaus Sr.
Nancy Wood

Birth announcement

Congratulations to Christine Benjamin on the birth of her daughter **Cheyenna Rayne Stone**. Cheyenna was born on October 30. She weighed 7 lbs., 1 oz., and was 20 in. long. She is welcomed home by Eric Stone, Antoinette, Darren Jr., Brianna, Aunt Dawn, Grandmother Gladys Benjamin, and Grandfather Don Stone.

Correction

Happy belated birthday to **Jordan Anderson**, 17, on December 8 with love from mom, Shyla, Destanie, Gramma Gina, Uncle Dal, Dilly Bar, Buddy, Elvis, Gramma Nazz, Papa, dad, Gram Dee, Auntie Nay, Uncle Tony, Dannyboii, and your little bros.

In memory

In memory of my beloved son **Ledger Dwayne Skinaway**, who passed January 13, 2011.

My dear precious baby boy, although it's been a year, it still feels like a dream. You're always in our hearts and we think about you every day my darling angel. We love you so much, *from mom, Elle Nevaeh, Jaxin, Tommy Lee, Chaddy, Lance, Gabriella, and all of your family.*

Thank you

I would like to thank my sisters Dana and Jaylene for all your love and support during the loss of my son Ledger and also to my mother Loris White. I could have never made it through this difficult year without you. I love you so much, *from Meany, Chaddy, Lance, Gabby, Elle Nevaeh, Jaxin, and Tommy Lee.*

• • •
H.O.W.L. (Helping Others With Life) wishes to thank the Salvation Army in Port Angeles for their continued donations and support. In less than a month, H.O.W.L. raised \$1,800, through H.O.W.L. Thrift Shop sales, to help those in need. H.O.W.L. also wishes to thank our local residents and our friends from the Lower Elwha Tribe for their donations. Mii gwech. H.O.W.L. staff and volunteers wish to thank Mille Lacs Band member and co-founder, Kenny Towle, for his continued hard work and passion for the programs and services he helped create.

Obituaries

August James Barten

Born - May 29, 1992
Died - November 23, 2011
Lived in Little Falls, MN

Mary Dolores Forsman (Eunice Wind)

Born - December 25, 1932
Died - December 9, 2011
Lived in Duluth, MN

Ojibwe Culture and Traditions

Moccasin Telegraph



Our tradition of watching purple martins

By Kelly Applegate, Mille Lacs Band member

Purple Martins are beautiful songbirds and the largest member of the swallow family. They also have a special relationship to our native ancestry. Way back when, Native Americans would put poles up and hang large gourds on them. They would put holes in the gourds, and the martins would come nest in them. The martin colonies were a source of entertainment – they served as a primitive television. Tribal members would sit under the gourds and watch martins fly in and out, eat insects, and do their crazy aerial antics. The martins also kept the raccoons and hawks away from drying meats and hides, and they would ward off animals trying to steal food. And the martins served as an alarm clock, because they would start singing as the sun came up.

European settlers saw the Native Americans attracting these beautiful birds with gourds, so the settlers decided to build multi-compartment wooden bird houses. Now, the Purple Martin is the only bird species east of the Rocky Mountains that is dependent upon human beings to put up their houses. If everyone in the United States took their Purple Martin houses down, the martins would eventually become extinct because they would have no place to nest.

The martins travel thousands of miles from Brazil to North America to nest and raise their babies. They start arriving in Minnesota about the second week of April and stay until early August, and they return faithfully to the same sites every

year. That means when you put up a new house, it will attract martins that just hatched the year before and are looking to start new colonies on their own.

My interest in Purple Martins started when I was probably 10 years old. Me and my dad built a bird house, but not knowing very much about Purple Martins at the time, we built it with the holes too small. It was in the wrong location, too, by trees, which was not the place to put it because the martins prefer an open area. And we painted it green and yellow, but the martins prefer to have the majority of their house painted white. One day a martin showed up anyway and tried to get into the house. I was all excited and finally got to see what they really looked like, because I had only seen pictures of them before. I did a little more research and took the house down, made bigger holes, painted it white, and put it in an open area. The next year, I had my first resident martin.

The tradition of using gourds for martin homes has sort of died out. It's a trend that has been forgotten mainly because there aren't that many martins around anymore – the population has decreased a lot since the early 1950s. I'll talk with Band Elders, and they say, "Oh yeah, the martins, they nest in a group and eat insects." But they always say we haven't been able to get them for years.

So I put up a modern gourd rack system specially designed for Purple Martins behind one of the Mille Lacs Band's Assisted Living Units for Elders. I felt it would likely attract martins, plus culturally, the gourd-shaped martin houses are what we started with. Watching Purple Martins is a tradition that has been forgotten, and hopefully this gourd rack will bring it back. It will be nice for families who are visiting Elders at the assisted living unit to look out and see the gourd rack. The Elders will tell them that about two or three hundred years ago, that's what our people did – hang the gourds up so the martins were around and provided a source of entertainment for us.

Upcoming Mille Lacs Indian Museum Events

Ojibwe mitten workshop

Learn techniques of leather working in this two-day class. Participants will make a pair of Ojibwe-style mittens to take home. This class will be held on Saturday, January 28, from noon-4 p.m. and Sunday, January 29, from 10 a.m.-2 p.m.

The workshop costs \$60 for the general public or \$55 for Minnesota Historical Society members and Mille Lacs Band members, plus an additional \$15 supply fee.

Registration is required by January 25. Please call 320-532-3632 for more information.

Kids craft workshop

Listen to museum staff read storybooks, enjoy light snacks, and learn how to decorate an Ojibwe-style shoulder bag. This project is recommended for children eight years or older.

The workshop costs \$7 per kit and will be held on Saturday, January 21, from noon-4 p.m.

Ojibwe Language Program Adopts New Teaching Method

Nay Ah Shing's Ojibwe Language and Culture Program recently adopted a new Ojibwe teaching method known as the Accelerated Second Language Acquisition (ASLA) method.

ASLA is a picture-based teaching method that is most effective in an immersion environment. Teachers show students pictures of an object or action and then say the Ojibwe word or phrase that describes the photo. Students repeat the Ojibwe word to the teacher. This repetition helps the students retain the new information.

"The Ojibwe language is descriptive and oral, so hearing words and seeing pictures repeatedly helps students better learn the language," said Ruth Garbow, who teaches Ojibwe to fifth-, sixth- and seventh-graders.

Melissa Boyd, ojibwe language apprentice, was trained in the ASLA method by Dr. Stephen Greymorning, a native studies professor at the University of Montana who developed the teaching method.

"Writing is a European way of learning. If you translate spoken Ojibwe into written English, you lose a lot of the meaning," Melissa said. "We want to treat our language as if it's alive and not dissect it."

If students can't remember or mispronounces an Ojibwe word, the teachers do not correct the students. Instead they will ask another student who they know will get the answer right to identify the picture that corresponds with the Ojibwe word. This way the other students will see and hear the

correction and will not fall into the habit of looking to the teacher for reinforcement.

Teachers have already seen positive results in the classroom.

"It's really rewarding to hear and watch these students go from learning one Ojibwe word to saying a complete sentence in Ojibwe, just from looking at a picture," said Loretta Kalk, who teaches Ojibwe to high schoolers.

"We are excited about the success we've seen already through the ASLA method. Our students are picking up the language more quickly, and we believe they will be able to retain it better as well," said Cheryl Minnema, director of the Ojibwe Language and Culture Program.

When surveyed for this article, Nay Ah Shing students overwhelmingly agreed that it was important to learn Ojibwe.

"To carry on our language, we need to learn the language and pass it down to the next generation," said Penny Kegg, a senior at Nay Ah Shing.

Maria Ramos Smith, a fourth-grade student at Nay Ah Shing, thinks it's important to learn Ojibwe so that she can better understand traditional ceremonies. "When I go to the powwow grounds, I know what they are saying," she said.

The Ojibwe Language and Culture Program teachers are currently focusing on teaching students to speak Ojibwe. Once students have developed a strong vocabulary, teachers will start incorporating reading and writing into the curriculum.

Calendar of Events

January 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 <div style="border: 1px solid black; padding: 5px; display: inline-block;">All government offices closed for New Years Day</div>	3	4	5	6	7
8 <div style="border: 1px solid black; padding: 5px; display: inline-block;">Pine Grove Leadership Academy Meeting 5 p.m. Contact: Melanie Benjamin 320-384-7598 AMVETS Meeting Grand Casino Mille Lacs 6 p.m. Contact: Diane Nickaboine 320-532-7439</div>	9 <div style="border: 1px solid black; padding: 5px; display: inline-block;">28th Annual State of the Band Address Grand Casino Mille Lacs 10 a.m.</div>	10 <div style="border: 1px solid black; padding: 5px; display: inline-block;">District I Community Meeting District I Community Center 5:30 p.m. Contact: Rachel Peirce 320-532- 7423</div>	11	12	13 <div style="border: 1px solid black; padding: 5px; display: inline-block;">Diabetes Education Class GCML 1-3 p.m. (See page 4)</div>	14
15 <div style="border: 1px solid black; padding: 5px; display: inline-block;">All government offices closed for Civil Rights Day</div>	16 <div style="border: 1px solid black; padding: 5px; display: inline-block;">District II Leadership Academy School Board Meeting 4 p.m. Contact: Raina Killspotted 218-768-2345</div>	17 <div style="border: 1px solid black; padding: 5px; display: inline-block;">District III Community Meeting Lake Lena Community Center 6 p.m. Contact: Katie Draper 320-384-6240</div>	18 <div style="border: 1px solid black; padding: 5px; display: inline-block;">All-District Elder Meeting Mille Lacs ALU 11 a.m. Contact: Denise Sargent 320-532-7854</div>	19	20	21 <div style="border: 1px solid black; padding: 5px; display: inline-block;">Kids Crafts Mille Lacs Indian Museum 11 a.m.-4 p.m.</div>
22 <div style="border: 1px solid black; padding: 5px; display: inline-block;">2012 Elections: Opening period for filing for office (See page 3)</div>	23 <div style="border: 1px solid black; padding: 5px; display: inline-block;">Healthy Heart Class Lake Lena Community Center noon (See page 4)</div>	24 <div style="border: 1px solid black; padding: 5px; display: inline-block;">District IIA Community Meeting Chiminising Community Center 5:30 p.m. Contact: Lesley Sam 320-676-1102</div>	25 <div style="border: 1px solid black; padding: 5px; display: inline-block;">District II Community Meeting East Lake Community Center 5 p.m. Contact: Jenny Waugh 218-768-3311 Urban Area Community Meeting All Nations Indian Church 5:30 p.m. Contact: Barb Benjamin-Robertson 612-872-1424</div>	26 <div style="border: 1px solid black; padding: 5px; display: inline-block;">Diabetes Education Class GCML 1-3 p.m. (See page 4)</div>	27	28 <div style="border: 1px solid black; padding: 5px; display: inline-block;">Ojibwe Mitten Workshop Mille Lacs Indian Museum noon-4 p.m.</div>
29 <div style="border: 1px solid black; padding: 5px; display: inline-block;">Ojibwe Mitten Workshop Mille Lacs Indian Museum 10 a.m.-2 p.m.</div>	30 <div style="border: 1px solid black; padding: 5px; display: inline-block;">Healthy Heart Class District I Community Center noon (See page 4)</div>	31 <div style="border: 1px solid black; padding: 5px; display: inline-block;">February 1</div>			3 <div style="border: 1px solid black; padding: 5px; display: inline-block;">2012 Elections: Close of filing period (See page 3)</div>	4 <div style="border: 1px solid black; padding: 5px; display: inline-block;">Kids Crafts Mille Lacs Indian Museum 11 a.m.-4 p.m.</div>
5	6	7	8	9 <div style="background-color: #336666; color: white; padding: 5px; display: inline-block;">*To Purchase Tickets Visit a Grand Casino box office, call TicketMaster at 800-745-3000, or visit www.ticketmaster.com</div>		If you would like an event included in the community calendar, please contact Kelly Sam at 651-292-8062 or write to Kelly at kelly@goffpublic.com

What Are Your Goals For 2012?

Adrienne Benjamin



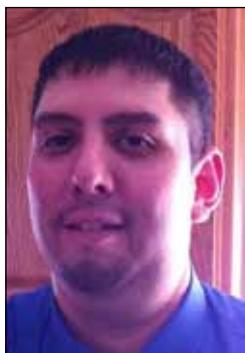
"My goal for 2012 is to be the best person that I can be. To be a good mother, friend, and community member. To get more involved in cultural activities and learn more Ojibwe language."

Mary Jo Jennings



"My goal is to read more books. I am currently reading The Horse and His Boy by C.S. Lewis."

Pete Nayquonabe



"My goals for 2012 are to continue working on my master's degree from UMD and enjoy as much family time with my wife Kristi and daughters Kayla and Avery."

Sharon Sam



"I want to stay positive and healthy and spend more time with family and friends. I'm also looking forward to riding my new

motorcycle up to Mille Lacs in the spring of 2012."

Priscilla Greenleaf



"My goal is to live a healthy lifestyle."

Ben Sam



"My goals for 2012 are to begin classes at St. Scholastica in the fall, attend the state wrestling tournament as a participant, and play baseball at college."

The Newspaper of the Mille Lacs Band

OJIBWE INA AJIMOWIN

"The story as it's told."

Kelly Sam, Editor

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Please provide news tips and other information by the 15th of the previous month.

Urban Area Holiday Party



Jayden and Jordan Sayers visited with Santa during the Urban Area Christmas Party on December 10.

District III Holiday Party



More than 250 Band members attended the District III Christmas Party, including three generations of the St. John family pictured above.



Hundreds of community members attended the Urban Area Christmas Party. Employees from the tribal government and Corporate Commission helped serve the guests.



District III Representative Diane Gibbs presented Band member David Matrious (center) with a certificate of appreciation for his community service at the District III Christmas Party. Pictured with David are his sisters Alvina Aubele (left) and Carole Higgins (right).

OJIBWE INAAJIMOWIN

February 2012

"The story as it's told."

Volume 14 • Number 2

Chief Executive Urges Volunteerism; Calls on Government and Members to "Do More"



Band member Bella Nizhoni Nayquonabe and other Band youth served meals after the State of the Band Address.

"We can do more" was the message of Chief Executive Marge Anderson in her annual address to Mille Lacs Band members on January 10. She spoke to a crowd of 1,200 people at the 28th annual State of the Band Address at Grand Casino Mille Lacs.

"For 20 years, our lives have been tied to our businesses – most notably Grand Casinos. For more than 10 years, our lives have also been tied to our reaffirmed treaty rights," Marge said. "But those two things are not all that we are – not even close."

She went on to urge both Band members and tribal government officials to continue making the Band "something greater." "We have not come this far to stop growing," she added.

Marge called on Band members to volunteer more. "Years ago that was the foundation of our community," she said, but today she sees that foundation cracking. She wants those cracks filled with active community members, noting that gangs, drugs and violence could destroy the foundation if the community doesn't get involved now.

Marge applauded several Band members who have helped neighbors and Elders, served on volunteer committees, and risked their own safety to protect others. "They expect nothing in return," she added. "This is the traditional Ojibwe way."

Marge also described several initiatives that are underway in the tribal government to "do more," including:

- The Band developed the nation's first all-Indian-owned holding company in the 1990s. Anderson believes it can be used today to further economic development and employ more East Central Minnesotans.

- The Band will explore how it can use the federal Tribal Law and Order Act to better address serious crimes committed on the Mille Lacs Reservation.

Marge's speech is printed on pages 3 and 4. Her directives to Band commissioners are posted online at www.millelacsband.com.

Other State of the Band speakers

Other speakers at the event were Secretary/Treasurer Curt Kalk, Chief Justice Rayna Mattinas, and Cultural Advisor Dorothy Sam.

Dorothy, a Band Elder, explained the importance of the drum, tobacco, and the pipe to the audience. "The drum was given to all of us as Anishinabe people," she said. "The drum comes with a lot of responsibility."

Curt convened Band Assembly into session prior to the State of the Band Address and welcomed Band members to attend open sessions anytime. He also spoke about the importance of the District I, II and III Representatives. "They work hard to make Band funds go the furthest possible," he said.

Curt then challenged Band members to "do a little bit better" and told his story of learning that lesson while stacking wood for a neighbor when he was young.

Highlights of Curt's comments, along with Rayna's speech, are printed on pages 4 and 5.

Mii gwech

Mii gwech to everyone who attended the 2012 State of the Band Address. Special thanks go to:

- Emcee Carolyn Shaw
- AMVETS Post 53 members, who led the Grand Entry
- Ceremonial Drum participants
- Little Otter singers
- Elder Ralph Pewash, who provided the invocation
- Cultural advisors Dorothy Sam and Sheldon Boyd
- Bela Nayquonabe and Megan Saboo, who sang the National Anthem
- Robert Kegg for the beaded Mille Lacs Band logo on the podium
- Marianne Washburn and Nay Ah Shing Middle School students, who sang "Put a Little Love in Your Heart"
- The youth who helped serve the meal
- Our hosts and servers at Grand Casino Mille Lacs
- Everyone who signed up for the Band's Action Network to oppose gaming expansion



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Upcoming Mille Lacs Band Candidate Forums

Two Mille Lacs Band offices are up for election this year – Chief Executive and District I Representative. Mille Lacs Band members are invited to attend a local candidate forum to learn more about the candidates running for these positions. The forums provide an opportunity for Band members to learn about candidates' qualifications for office and their positions on key issues.

Below are the dates, times and locations of the forums:

Chief Executive Candidate Forums

- March 5, 5:30-9:30, District I Community Center, Onamia
- March 7, 5:30-8:30 p.m., Chiminising Community Center, Isle
- March 12, 5:30-8:30 p.m., East Lake Community Center, McGregor
- March 14, 5:30-9:30 p.m., All Nations Indian Church, Minneapolis

- March 19, 5:30-8:30 p.m., Lake Lena Community Center, Sandstone

District I Representative Candidate Forums

(District I Representative candidates will speak after Chief Executive candidates.)

- March 5, 5:30-9:30, District I Community Center, Onamia
- March 14, 5:30-9:30 p.m., All Nations Indian Church, Minneapolis

The Mille Lacs Band primary will be held on April 3 and the general election will be held on June 12. If you have any questions about the candidate forums, please contact Jamie Edwards, director of government affairs, at 612-850-2124.

Please note that the candidate forums are separate from the elections. If you have any questions about the elections, please contact Darcie BigBear, election judge, at 320-532-7440.

Isle Students Attend Basketball Camp



Photo courtesy of Tracy Sam

Sixth-graders Taya Sam-Sablan and Kayana Bearheart attended the Minnesota Lynx basketball clinic in December and met Lindsay Whalen, who plays for the Lynx. Taya and Kayana have been playing basketball since third grade at Isle Elementary and are Band Member descendants.

Mille Lacs Tribal College Announcements

By Camille Naslund, director of higher education

Students achieve academic success

Congratulations to the following Mille Lacs Tribal College students who earned a 2.0 GPA or higher during the 2011 fall semester:

- Jada Grap
- Karri Kegg
- Bradley Sam
- Rachel Shaugobay

- Derrick Weyaus
- Morningstar Weyaus

Upcoming financial aid sessions

The Mille Lacs Tribal College higher education office will provide application assistance for FAFSA, scholarships, and college admissions from noon-4 p.m. on the following Tuesdays: February 21 and 28; March 6 and 20; and April 3 and 17.

For more information, contact the college's office of higher education at 320-495-3702.

2012 Election Calendar

Provided by the Minnesota Chippewa Tribe

- January 23: Opening of period for filing for office.
- February 3: Close of filing period.
- February 17: Deadline for Notice of Certifications to TEC.
- February 20: Challenge certification or non-certification to MCT or 48 hours from receipt of notice of certification.
- February 22: Decision of certification or non-certification or within 48 hours of appeal.
- February 27: Deadline for appointment of Election Boards.
- February 27: Deadline for appointment of Election Contest Judge.
- February 28: TEC provides ballots for Primary Election.
- February 28: Notice of Primary.
- April 3: Primary Election.
- April 4: General Reservation Election Board certifies Primary Results.
- April 5: General Reservation Election Board publishes Primary Results.
- April 6: Deadline for Request for Recount.
- April 10: 4:30 p.m. - Deadline for Contest of Primary Election.
- April 11: (Results, if allowed or 9th or 10th if earlier request). Decision on Request for Recount and Results of Recount.
- April 20: Deadline for Decision on Contest.
- April 23: Deadline for Appeal to Court of Election Appeals.
- April 26: Record of Contest to Court of Election Appeals.
- April 30: Last Day for Hearing on Appeal.
- May 10: Last Day for Decision on Appeal.
- May 11: Notice of Regular Election. TEC provides ballots.
- June 12: General Election.
- June 13: General Reservation Election Board certifies results of Election.
- June 14: General Reservation Election Board publishes Election results.
- June 15: Deadline for Request for Recount.
- June 19: 4:30 p.m. - Deadline for Notice of Contest.
- June 20 (or 18th or 19th if request for Recount is filed before deadline): Decision on Request for Recount and Results of Recount, if allowed.
- June 29, (or ten days from Notice of Contest, whichever is sooner): Deadline for Decision on Contest.
- July 3: Deadline for appeal to Court of Election Appeals.
- July 6: Record of contest forwarded to Court of Election Appeals.
- July 10: Last Day for Hearing on Appeal (hearing within seven days notice of appeal).
- July 17: Winning candidates assume office by operation of law, unless sooner seated, or the election is subject of appeal to the Court of Election Appeals.
- Ten days from Hearing on Appeal: Deadline for decision of the Court of Elections Appeal.
- Day following Decision of Appeal: Winning candidate prevailing on appeal takes office.

Free Hearing Evaluations

To schedule an appointment for **Friday, February 10**, at Ne-la-Shing Clinic, call 320-532-4163. Walk-ins are welcome. We will do our best to serve you.

Hearmore Hearing has offices in St. Paul and Osseo. To schedule an appointment Monday through Friday, call the St. Paul office at 651-771-4019 or the Osseo office at 763-391-7433.

2012 State of the Band Speeches



Chief Executive Marge Anderson

Aanin, Mr. Speaker, members of the Band Assembly, Madam Chief Justice, Justices, Commissioners, Band members, and guests. I am honored to be with you today.

Mii gwech – thank you – for coming. Your involvement today and every day is critical to the Mille Lacs Band of Ojibwe.

Coming together now – at the start of a new year – is a good time to assess where we are as a culture, community and government.

For 20 years, our lives have been tied to our businesses – most notably Grand Casinos. For more than 10 years, our lives have also been tied to our reaffirmed treaty rights.

But those two things are not all that we are – not even close. Our accomplishments and progress are much bigger than that. We as a people are much more than that.

Most importantly, we are going to become something even greater. We have not come this far to stop growing. We cannot afford to leave things the way they are.

I want to tell you about a few plans that are already underway.

Back in the 1990s, the Band developed a holding company to help us with economic development. It was the first all-Indian-owned holding company in the country, and it enabled us to create Woodlands National Bank in 1996. Today that bank has grown to seven locations.

As great as that is, our holding company could be used to accomplish much more. It was chartered by the Federal Reserve Board. This status provides us with many opportunities in the world of finance and investments. It provides us with the potential for many new business opportunities and jobs. It is

time that we reach the potential we dreamed of when we established this holding company.

I won't get into the details, but I want you to know that we are exploring how to fully use this resource. This is an effort to help maximize and secure what we leave for our children and grandchildren.

Second, you may recall that the Mille Lacs Band Police Department became a professional law enforcement agency in 1991. In 1998, we formed our first mutual aid agreement with Mille Lacs County. This agreement enabled tribal police officers to assist local law enforcement officers on non-Indian land, and the county officers to enforce laws on Indian land. A similar agreement with Pine County was signed in 2004. And other tribes followed our example.

As great as all that is, we can do more. President Obama signed the Tribal Law and Order Act in 2010, primarily to prevent violence against women in Indian Country. This act has provisions that could also help the Mille Lacs Band in other key ways.

I've ordered the Solicitor General to pursue all the authority we can, under that act. Most importantly, the act may help us combat gangs and drugs on the Mille Lacs Reservation – a major problem that has taken the lives of too many people; brought sadness to too many families; and held our community back.

We have been through hard times before, and we have faced challenges before. Now we will do what it takes to fight this problem.

Of course we have to get to the root of the gang and drug problem. But step one must involve stopping criminals in their tracks and getting drugs off our reservation.

The Tribal Law and Order Act gives the Band an opportunity to request federal authority. If we are able to make an agreement between the Mille Lacs Band and the U.S. Attorney's Office, it could allow for federal prosecution of crimes committed on the Mille Lacs Reservation. In turn, we would be able to send the drug dealers and serious criminals on our reservation to federal prison.

That's right – federal prison.

I seldom resort to scare tactics. But if the prospect of federal prison can help turn someone's life around, I will use it with as many people as necessary.

Third, the Band government is constantly working to become more transparent and accountable. One measure that still needs work is our code of ethics.

I believe that your elected officials are all moral and honorable people who abide by a personal code of ethics.

But the Mille Lacs Band can do better. In fact, I want our tribal government to develop the best code of ethics in Indian Country.

I will be working with Band Assembly in the months ahead to make our code of ethics more enforceable. I also intend for us to build in more penalties for not abiding by the code.

By making our government officials more accountable, we will set the tone for making our members more accountable. This can only lead to positive outcomes in the years ahead.

As we start this new year, your Band commissioners are undertaking many initiatives. The 2012 directives to the commissioners are on your tables so that you can see what they will be doing.

In 2011, our government made progress in several key areas; here are just a few examples.

- One of the most visible signs of progress is the new early education building in District I. We look forward to its completion in August.
- We have worked with local public schools to make transportation more available to our Boys & Girls Club and to enhance Indian education. In fact, we were involved in helping the school district in Sandstone create an Indian Education Department. About 65 Indian students are enrolled there – most of whom are Band members or descendants.
- Last year we celebrated 20 years of Grand Casino Mille Lacs. This year we will celebrate 20 years of Grand Casino Hinckley.
- Band Assembly and I made a statute change that will prevent the use of per capita payments to satisfy bail bonds. The main goal of this

change is to prevent Band members who are repeat offenders from being bailed out of jail using bonds against their per capita payments. If we can help keep repeat offenders in jail, we can help prevent additional crimes.

Now that I've told you about what the tribal government is doing, I want to ask you: What will you be doing in the next year? How can you help your family, your neighbors, and your tribe?

First, I encourage you to be self-reliant.

Economically, the recession still lingers. As a result, Grand Casinos continue to have lower revenues. That gives the tribal government less to work with for our programs and services. We had to make difficult budget cuts this fiscal year.

The threat of gaming expansion is always on the horizon. In 2011, the Mille Lacs Band and other tribal gaming supporters fought back harder than ever. And we were successful.

Many of you here today were involved in our fight against gaming expansion. Mii gwech for your support; we will need you again in 2012 and beyond.

But we need even more of you to sign up as supporters of our cause. There are support cards on your tables. Fill them out and drop them off in a specially marked box in the foyer.

If the push to expand gaming succeeds, the result will be far worse than the cuts we had to make in our tribal government budget this year.

Grand Casinos would have to scale back, and so would the tribal government. Our employees, Band members, and the entire region would feel the loss.

We all need to prepare for this possibility, even as we fight it. That is the only responsible thing to do.

Of course none of us have gotten rich from gaming revenues. But they have helped us live more comfortably, whether we need a home computer or a more dependable car.

Looking ahead, we cannot count on anything or anyone but ourselves. We must become even more self-reliant.

(Continued to page 4)

2012 State of the Band Speeches

(Continued from page 3)

Second, I urge you to give of yourselves without expecting anything in return. This is the traditional Ojibwe way.

A few months ago in the *Inaajimowin*, you hopefully read the story about cultural leave being unpaid leave for tribal government employees. This is not a new policy; we just wanted to remind our employees.

When the reminder was sent, one of our Band Elders – Bette Sam – was quick to respond.

Bette said, "Years ago, we never got paid to do cultural stuff, ceremonies. Our fathers, mothers and grandparents never did anything for pay."

Many others responded in support of Bette's comments.

This was encouraging to me, because it seems like there has been a trend toward people expecting payment for almost everything they do. If they serve on a committee, they want money. If they give someone a ride, they want to be reimbursed for gas.

I'm not talking about everyone, but we cannot deny that many people have this expectation. I know this is not who we are.

Bette is right. Years ago, helping Elders, family, friends and neighbors was what everyone did. We counted on ourselves and each other. That was the foundation of our community.

Our community has many strengths, but our basic foundation is cracking. If we don't fix our foundation, what will this community stand on?

All around us we see role models of giving, and they expect nothing in return.

After the storm at Lake Lena this summer, there were people who checked on Elders to make sure no one was harmed. I know of a tribal government employee who has driven people to appointments during her lunch break. Another employee has patrolled his neighborhood all night – on top of the police presence – to help keep people safe.

Members of several Band committees refuse stipends. They say that serving on a Band committee is an honor, and that's enough of a reward.

Recently I've heard about a Band member who received a civil service award for helping

save the lives of two motorcyclists after an accident...

And about another Band member who has kept track of all the family plots at the Aazhoomog Cemetery since the 1970s.

Some of our Boys & Girls Club members have brought cakes and pies to Elders and asked if they need help with anything. You will also notice our youth serving meals today.

All of these volunteers I've talked about give us a strong community foundation. They know their reward isn't money, gas or food. Their reward is a feeling of pride in having helped someone else.

Now we need to fill the cracks in our foundation.

There are committees and boards that need members. We need helpers for field trips and events. And our Employee Assistance Program is seeking families to volunteer.

The community really does need each and every one of us. Envision how much better our community would be if we all volunteered our time, knowledge and skills.

Please make the time to volunteer in your community.

Imagine what our community would become if we let the gang members take over. Imagine if we allow drugs to rule our minds instead of our culture and education. Imagine if we leave things the way they are and mind our own business.

I told you earlier that I try to avoid scare tactics. I stand by that still... Because I'm not using scare tactics. I'm only seeing what the future will hold if we don't unite to protect our community and culture.

We need to stand up for what is good and right. We need to stand together. We need to fill in the cracks before they destroy our foundation.

As for your elected officials, we will continue to focus on strengthening the Band's government. And now, more than ever, we need to work together to solve problems like gangs, drugs and violence. And we need to set priorities and standards for fiscal responsibility.

We all have roles to play in our community. If we all do our part, I know we can become something greater than what we are today.

Mii gwech.



Secretary/Treasurer Curt Kalk

As Speaker of the Band Assembly, Curt convened Band Assembly into session prior to the State of the Band Address, recessed it afterward, and indicated that it would reconvene its session in the afternoon at the government center. He encouraged Band members to attend the afternoon session and said that Band Assembly sessions are almost always open to Band members.

Curt told the crowd that he "wished this many people were at Band Assembly every day." He thanked Robert Kegg for providing a magnificently beaded Mille Lacs Band logo that was displayed on the speaker's podium during the event.

Curt spoke about the importance of the District I, II and III Representatives. "Come meet and talk with your representative," he said. "They work for you every day and are making big decisions for you. They work hard to make Band funds go the furthest possible."

He said that Band Assembly is in the midst of making revisions to Title 3 and Title 4 of the Mille Lacs Band Statutes. These titles relate to how the legislative and executive branches of tribal government operate and govern. Curt explained that certain law changes require a public comment period, and that Band Assembly always posts changes to the statutes so that Band members have time to provide feedback.

Curt challenged Band members to "do a little bit better." He shared a story of his first job piling wood for a neighbor. The man offered to pay Curt \$5 to stack wood. Curt agreed and spent an hour or two stacking the wood. He knocked on the man's door, eager to collect his earnings.

But, when the man checked the wood stack, it fell over, and he told Curt, "I'm not paying you for that."

Curt said that at first he was very mad at the man and resented not being paid for the task. But Curt decided to go back and do the job right. He put more time and attention into his second attempt. Again he knocked on the man's door, knowing this time the work would stand up to close inspection. The neighbor was pleased with Curt's work, invited him in, and paid him double for the job.

"I learned that day, if you are going to do something, do it right," said Curt. "And, if you are going to hire someone to do a job for you, make sure you are getting what you pay for. That's what Band Assembly is doing every day."



Chief Justice Rayna Mattinas

Honorable Chief Executive, principled members of the Band Assembly, my fellow Mille Lacs Band members, employees, and guests, welcome to the 2012 State of the Band Address. It is my honor to provide you with the State of the Judiciary Address as prescribed by the Band statutes.

Currently I serve as the Chief Justice for the Mille Lacs Band Court of Central Jurisdiction and the Appellate Justice for District III. I will introduce the Honorable Clarence Boyd, Appellate Justice for District I, and the Honorable Brenda Moose, Appellate Justice for District II. Please stand and be recognized. Thank you!

I will next introduce the Honorable Richard Osburn, District Court Justice. Please stand and be recognized. Thank you!

(Continued to page 5)

2012 State of the Band Speeches

(Continued from page 4)

Judge Osburn hears cases involving civil, criminal and juvenile matters. The cases include custody, adoption, guardianship, children in need of protective services, child support, domestic violence and harassment, traffic, natural resources, and all other cases brought before the court.

Last year our goal was to amend the Appellate and District court rules. Judge Osburn took on the tedious task and completed the amendments in December of 2011. The rules have been sent to Band Assembly to be placed on their agenda. The rules will become effective 90 days after reporting to Band Assembly, and thereafter, the rules will be uploaded to the judicial webpage on the Band's website.

The court calendar was added as a courtesy and to further enhance the judicial webpage. The calendar is updated weekly and subject to change based upon motions, continuances or rescheduling.

I am very proud to announce the tribal court has received a three-year grant from the Office of Justice Programs in the amount of \$461,000. I would like to take this time to recognize and thank Gilda Burr, court administrator, for securing the grant plus its tremendous enhancement to the tribal court system. Please stand and be recognized. Thank you!

The objectives outlined in the grant are three-fold: 1) to rewrite certain Band statutes, 2) to host a guardian ad litem training program, and 3) to catalog and scan the court files for improved efficiency.

The most important function of the grant is to update Title 8 – the Children's Code, consisting of the child welfare, juvenile delinquency, and domestic violence codes, and Title 24 – the Criminal Code in Band statutes. The funding provides for the hiring of personnel to review, research and rewrite the codes.

The guardian ad litem training program will be held in 2012 for community members who are interested in becoming a certified guardian ad litem for the tribal court. As a court-appointed officer, a guardian ad litem is primarily responsible for

representing the best interest of a child in a court proceeding.

The final grant project is cataloguing active case files and integrating the scanning component into the court management system.

The Mille Lacs Band Family Services notified the court regarding the peacemaking component within their department. The court will send certain types of cases, such as contested family matters, to the peacemaker to help settle disputes as a neutral third party.

The benefit to utilizing a peacemaker is providing the parties with the following:

- Incentive to participate
- Greater control
- Sense of confidentiality
- Vested interest in arriving at their own decisions
- Litigation cost is lower
- Decisions are based on custom and tradition

The goals aforementioned are the gradual development of the Mille Lacs Band tribal court.

In 2011, the number of cases filed totaled 1,784, a 7% increase from the prior year. Of the 1,784 cases, 93% have been adjudicated.

- Of the 189 new child support cases filed, 173 are State child support and 16 are Band child support.
- The general civil and small claims cases totaled 564.
- Family-type cases totaled 148, which is 34 more cases filed than in the prior year.
- Criminal-type cases totaled 40, encompassing the criminal, natural resource, traffic, and juvenile delinquency matters. This is a reduction of 53 cases from the previous year.
- Lastly, 13 domestic cases and 63 harassment cases were filed.

In closing, my goal for the tribal court is to ensure fair and impartial justice is being administered. Thank you for attending the 2012 State of the Band Address.

Emergency Services Department Hires New Coordinator

In January the Mille Lacs Band's Emergency Services Department hired Richard John as its new energy and emergency assistance programs coordinator. Richard will manage the weatherization, food distributions, emergency assistance, and loan distributions programs.

He will also administer federal Sustainable Energy Resource for Consumer (SERC) grants, which will help Band

members decrease energy costs.

Richard has several years of experience working with the public in various capacities. "I really enjoy trying to help the public in any way that I can," Richard said. "I am excited to learn about and help Band members with all of these crucial programs."

For program assistance, contact Richard at 320-532-2552, ext. 2552.

Fire Destroys Grand Casino Hinckley Warehouse

Fire engulfed a Grand Casino Hinckley warehouse on January 1, destroying the building. No one was injured in the fire, and casino operations were not affected.

The 100' x 200' warehouse was used as a maintenance and storage facility.

Fire crews from Hinckley, Sandstone, Pine City and Brook Park helped put out the fire.

"Thanks to the quick response of firefighters, the fire was contained to the maintenance building. We are grateful that no one was injured and that we were able to operate the casino as usual on New Year's Day," said Mel Towle, general manager of Grand Casino Hinckley.

The cause of the fire is undetermined.

Seeking Youth Interested in Boxing

The Mille Lacs Band is considering developing an amateur boxing program for Mille Lacs Band youth who are eight years old and older. The program would have locations in all districts and would be run by the Mille Lacs Band Boys & Girls Club.

Currently the Band is trying to gauge the level of interest from

prospective boxers, coaches and assistants. If enough people are interested in the program, the Band would make concrete plans.

If you are interested in the program or would like more information about it, contact Jim Erickson, director of the Department of Athletic Regulation, at 320-532-8346.

Connect with the Mille Lacs Band Online and on Your Phone

The Mille Lacs Band recently started Facebook, Twitter, and LinkedIn pages to help communicate with you better. We will use these tools to post information about our programs and services, pictures from Band events, news about the Band, and more.

- Facebook: Mille Lacs Band of Ojibwe

"Like" us on Facebook by going to <http://www.facebook.com/pages/Mille-Lacs-Band-of-Ojibwe/146734525376084> and clicking "like."

- Twitter: millelacsband

Follow us on Twitter by going to www.twitter.com/millelacsband and clicking "follow."

- LinkedIn: Mille Lacs Band of Ojibwe

Connect with us on LinkedIn by going to www.linkedin.com/company/mille-lacs-band-of-ojibwe and clicking "follow company."

Band Assembly Update on Power of Attorney Usage

This article regarding the use of a Power of Attorney is for informational purposes only and is not intended to provide legal advice. The Band Assembly is examining a standing practice of the Band's Office of Management & Budget (OMB) and its acceptance of the Minnesota short form Power of Attorney (POA). As this article will show, the Minnesota short form may be used for a variety of reasons.

Currently, the OMB permits individuals presenting valid POA forms to collect tribal per capita payments at designated disbursement sites. The Band Assembly has not yet addressed the subject through tribal legislation, and consequently relevant state law is relied upon.

Most importantly, it is important to note that an individual cannot be forced to sign a POA. The execution of a POA should represent a free and voluntary choice. Under Minnesota statute, a valid POA may be created by a legally competent adult, known as the "principal." The POA must include the following components: 1) a designation of another individual or entity to act as an "attorney-in-fact," 2) an original signature of the principal, 3) and a date of issuance. MINN. STAT. § 523.01 (2011).

A POA may include a specific expiration date, but an expiration date is not necessary. MINN. STAT. § 523.075. Without an expiration date, a POA may remain in effect until the death of the principal unless earlier revoked. MINN. STAT. §§ 523.08 and 523.09. Also, a POA form need not be notarized unless the principal is unable to physically sign the document. MINN. STAT. § 523.01. An attorney-in-fact cannot use a copy of the original POA unless the copy is certified by a state official. The certification must indicate that the official has viewed the original document for purposes of ensuring the authenticity of the copy. MINN. STAT. § 523.06.

The purpose of a POA is to confer authority from a principal to a second party known as an attorney-in-fact in order to conduct the principal's financial affairs. The scope of the POA

may be broad or narrow. MINN. STAT. § 523.12. Typically, individuals, including Band members, opt to use the Minnesota statutory "short form" POA, which is a fill-in-the-blank document. MINN. STAT. § 523.23. While the short form may be executed with greater ease, it must be pointed out that an individual should attempt to limit the authority of his or her attorney-in-fact to the degree necessary to accomplish specific objectives. The listed categories of general authority on the short form have wide-ranging effects, and therefore could be misused by an attorney-in-fact. MINN. STAT. § 523.24.

It should also be pointed out that once a Band member or other individual creates a POA, he or she is not deprived of the ability to make his or her own financial decisions. MINN. STAT. § 523.23(1). However, the attorney-in-fact may likewise make such decisions, and third parties may rely upon the asserted authority of the attorney-in-fact. MINN. STAT. §§ 523.04, 18. An attorney-in-fact's decisions must satisfy an "ordinarily prudent person" standard. In other words, an attorney-in-fact may not act in bad faith. MINN. STAT. § 523.21.

It is also especially important to note that a principal of a POA may revoke it at any time since it is a voluntary arrangement. However, the revocation must be in writing and signed by the principal or witnessed by a notary if the principal is unable to physically sign the document. MINN. STAT. § 523.11(1). If you are a signer (principal) of a POA, you must provide notice in writing to relevant parties, including the attorney-in-fact, because an individual must have actual knowledge of a revocation. MINN. STAT. § 523.11(2). Without written notice, an individual may still rely upon the original POA. MINN. STAT. § 523.19.

As the subject of the use of Power of Attorney forms are discussed, a second article may be forthcoming to notify you of any change to the existing system. In the meantime, we hope that you found this article helpful.

TANF Program Updates

By Raina Killspotted, director of case planning and management at the Department of Labor

Child support cooperation

As of January 1, 2012, anyone who opens or re-opens a Temporary Aid to Needy Families (TANF) case will be automatically referred to the Mille Lacs Band's Tribal Child Support Enforcement (TCSE) program for child support services.

It is TCSE policy to promote cooperation and agreement by the parents regarding fulfillment of their parenting duties. These services may include establishing paternity, establishing and enforcing child support orders, modifying child support, and distributing support payments.

Anyone who accepts federal TANF dollars must comply with the child support collections process if there is an absent parent in the family.

Current county child support cases will remain with the county unless Band members left the tribal TANF program and returned after January 1.

TANF orientation

Beginning on Monday, February 27, TANF will require all new and returning applicants to participate in a one-day TANF program orientation prior to being issued a grant.

The orientation will be held as needed each Monday, unless

it is a Mille Lacs Band holiday, then it will be moved to Tuesday. Band members will be informed about where and when to check in for orientation at the time of application.

Band members who qualify for TANF and reside in Districts I, II, IIa and III will attend orientations at the District I Department of Labor classroom. Urban area TANF program participants will attend orientations in the Band's Minneapolis Department of Labor classroom.

The orientation will consist of four assessments covering personal barriers, job skills, basic literacy, and basic numeracy. Results from these assessments will be used in the development of individual employment plans.

Other topics that will be covered at the orientation include an introduction to the TANF requirements, employment services, expectations of participants, and financial literacy. The orientation will also provide an overview of the Onaakonan system, which helps participants organize their journey toward self-sufficiency. Onaakonan means "to plan" in Ojibwe.

For more information about the TANF program, application process, or orientations, contact Raina Killspotted, director of case planning and management, at 320-532-4708.

Band Members to be Featured at Fond du Lac Event

Mille Lacs Band members David "Niib" Aubid, an Ojibwe storyteller, and Jacob Vainio, a 13-year-old musician and composer, will be part of an upcoming storytelling event with a traditional feast, music, youth activities, and silent auction at Fond du Lac Reservation's Sawyer Community Center. This free event will be held from 1-6 p.m. on Saturday, February 18.

Several other notable storytellers will participate, including recording artist Keith Secola; Anishinabe author, poet and playwright Jim Northrup; Anishinabe performer Frank Montano; and storyteller Rick Gresczyk.

For more information, contact Nikki Crowe at 218-878-7148 or Pat Northrup at 218-878-0245.

Interested in a Health Care Career?

Attention Mille Lacs Band members who are currently in high school or college and interested in a health care career:

The Center of American Indian and Minority Health (CAIMH) at the University of Minnesota Medical School is offering free summer programs at the University of Minnesota Duluth.

The Native Americans into Medicine (NAM) program is for college undergraduates. It is a six-week summer program from June 18-July 27. NAM participants learn how to develop their personal and professional skills to become a physician or other type of health professional. The curriculum focuses on math and science coursework resembling health professions school content, as well as writing and computer skills. Students also meet with Native American health professionals, community members, and medical school faculty. Participants receive a weekly stipend while participating in the NAM program.

In collaboration with Fond du Lac Reservation, CAIMH is offering Stepping Stones to Health Careers (SSHC), which is for high school students going into grades 10, 11 and 12 in the fall of 2012. There are two one-week residential opportunities to choose from at the University of Minnesota Duluth: either July 8-13 or July 15-20. Students may participate in week 1, week 2, or both weeks, but must return home between weeks 1 and 2. On-campus housing and meals are provided. Students will explore health-related sciences, healthy living, research, and college preparation. Each week will have different topics and activities. Current medical students provide advice and inspiration as they interact with the participants in various activities during the sessions.

For more information on eligibility and how to apply, visit <http://www.caimh.umn.edu>, e-mail caimh@d.umn.edu, or call 218-726-7235. The application deadline is April 27 for the NAM program and June 1 for the CAIMH program.

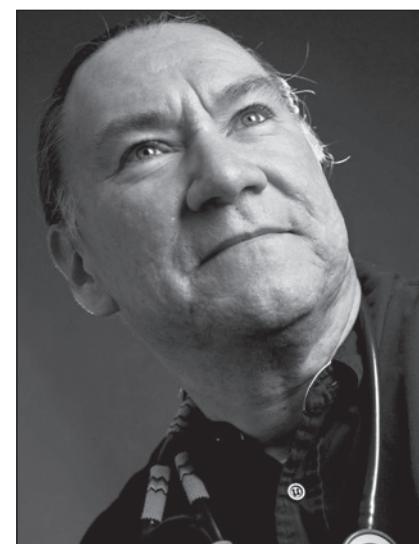


Photo courtesy of Arne Vainio

Mille Lacs Band member Dr. Arne Vainio, who works on the Fond du Lac Reservation, shares his personal experiences in a series of articles in News From Indian Country.

Below is an excerpt from Arne's article:

Frank had been diagnosed with pancreatic cancer a year ago. Pancreatic cancer is usually spread too far to do anything about by the time it causes symptoms, but Frank's was initially picked up when he had a CT scan for another problem. Luckily, he was able to have the affected part of his pancreas surgically removed.

About six months ago he had a repeat CT scan to see if any cancer had returned, and there was a new tumor in his chest next to his heart. A biopsy showed this was a different cancer than his original pancreatic cancer. The plan was to surgically remove it at one of the specialty hospitals in Minneapolis. A second CT scan several months later showed the cancer had grown. Originally the size of an orange, the tumor had more than quadrupled in size and was compressing the left side of his heart. This caused his heart to go into an abnormal rhythm, which made him short of breath. He also had new tumors around his stomach, and his pancreatic cancer had returned.

The cancer had spread to his esophagus, and it was growing into his aorta. Surgery would have been devastating. The cancer was too widespread to respond to radiation, and Frank

Frank Taught Me To Enjoy The Simple Things In Life

was too sick and weak to tolerate chemotherapy. Since there was no treatment available, he was sent to a nursing home for end-of-life care. He was developmentally delayed and his mental state was the level of a young child. His mother stayed with him in the nursing home as they had never been apart.

We went to the nursing home on the day Frank was admitted. He was able to visit a little bit, but he mostly slept. I touched his arm when I left and told him I would stop in when I could.

"When?" he asked.

"Wednesday," I responded.

In spite of his developmental delay, he always remembered dates and birthdays. I knew he would be expecting me on Wednesday.

Frank and I grew up as cousins, though he was 12 years older than me. I remember him being teased and tormented by other kids. He was afraid of ghosts, which made him an easy target. In spite of the teasing, he never held a grudge and his forgiveness was absolute.

Frank liked to watch wrestling and scary movies. Sometimes during scary movies, he only had his eyes showing from under the covers. His voice would be high-pitched and worried while he was watching. Even the old movies with the fake monsters had the exact same effect on him.

Within several weeks at the nursing home, Frank passed away. His funeral was four days after his death in traditional Ojibwe fashion. There are many preparations to be made and many things need to be done on certain days. This is the responsibility of the family, but there is no way any family could do all of this. The community came together and made sure everything happened as it should.

Frank's traveling bundle had to be made by hand and his clothes had to be sorted through to be given away. He had to be dressed according to

tradition by men who knew the proper mide ceremonies. Ivy had one of our friends make his moccasins. Personal items and food and supplies for his journey had to be prepared the way our ancestors prepared them. The grave had to be dug by hand on the day of the funeral in the pouring rain, but there were no complaints. A group of men and boys got together and started early in the morning and the grave was ready on time.

The ceremony at the wake and the funeral service itself were in Ojibwemowin and were done just the way they have always been done. Watching the community come together to make sure Frank will join our ancestors is a powerful reminder of how important our traditions really are.

Frank was accorded the same respect any Elder would have earned. The fact that he was different made no difference at all. The Elder who performed the ceremony told us that everyone is here for a reason, everyone has a purpose. Everyone is here to teach us. In many ways his childlike view of the world was naïve, but is really a reminder that we do need to see the world as fresh and new sometimes. Life makes us forget to look up at the night sky and we forget to lose ourselves in bad movies and fast wrestling moves.

In the four days following his funeral, we were told Frank's spirit would be made whole again. He has taught his lessons and now he goes to join his ancestors and loved ones free of the worldly disadvantages he had here.

I always drink my coffee black. But for now I've been drinking it like Frank did, with lots of creamer and sugar. I'm also going to dig out my old video copy of "The Creature from the Black Lagoon." I hope I can see everything from under the covers.

Gigawaabaamin, Frank. I'll see you again sometime.

Tribes Are About Much More Than Casinos

By Marge Anderson, Chief Executive, Mille Lacs Band of Ojibwe; Stanley R. Crooks, Chairman, Shakopee Mdewakanton Sioux Community; Norman Deschampe, Chairman, Grand Portage Band of Lake Superior Chippewa; Karen Diver, Chairwoman, Fond du Lac Band of Lake Superior Chippewa; Kevin Jensvold, Chairman, Upper Sioux Indian Community; Johnny Johnson, President, Prairie Island Indian Community; Floyd "Buck" Jourdaine, Chairman, Red Lake Nation; Arthur 'Archie' LaRose, Chairman, Leech Lake Band of Ojibwe; Kevin Leecy, Tribal Chair, Bois Forte Band of Chippewa; and Gabe Prescott, President, Lower Sioux Indian Community

Editor's note: In response to a Star Tribune article that criticized tribal efforts at the Capitol to support Indian gaming, Chief Executive Marge Anderson and nine other Minnesota tribal leaders wrote a joint guest editorial to help explain their duty to serve and protect their people. The column was published in the Star Tribune on January 20.

Some Minnesotans refer to tribes not by their official names but by their casinos' names, such as "Grand Casino" for the Mille Lacs Band or "Black Bear" for Fond du Lac. Perhaps that is why many people seem to mistakenly believe that the main purpose of tribes is to operate casinos. This could not be further from reality.

Tribes are governments, with all the same duties and responsibilities that state governments have. Minnesota is home to 11 American Indian tribal governments, whose main job is to serve the needs of our members through health care, education, and other services.

Our people count on us to help them when they are sick, prepare their children for college and careers, make quality housing available, care for the elderly, and be responsible stewards of the lakes and lands on our reservations. They want their voices heard in government, and they want to see solutions to community problems. In short, they expect their governments to meet their needs and make wise use of their resources.

This is a daunting task that didn't garner a single mention in Tony Kennedy's article in the January 15 *Star Tribune*. The misleading use of a \$15 billion "guesstimate" only further feeds the misconception of tribes as nothing more than casino owners spending excessive amounts of money to keep others out of the business. Kennedy's number could only represent total wager before prize payouts and has absolutely no relation to actual revenue. In fact, Minnesota tribes earn nowhere near such an amount in actual net revenue available for tribal government purposes. Well over 90 percent of the amount wagered is returned to bettors in prize payments, under the terms of Minnesota's compacts.

Meeting the needs and expectations of our people takes dedication, time and money. Most of our work is done on our own reservations, but some of the work has to be done in Saint Paul, where

decisions are made that affect nearly every category of work that we do. Tribal leaders, along with the lobbyists we have hired to represent our best interests, work with elected officials and state departments on issues ranging from child welfare and law enforcement to helping fight invasive species in Minnesota lakes.

Working with lobbyists is the responsible thing to do when so many issues are at stake. Of course gaming is one of those issues. Gaming revenues are critical to our governments' ability to provide essential programs and services to our members. Without gaming, we could not come close to meeting our people's needs. Even with gaming, tribal governments still struggle to meet important needs, and some tribal members still go without the basics that most Minnesotans take for granted.

But gaming is only one of the many issues that require Minnesota's tribes to spend time and money at the Capitol. The "battalion of 30 lobbyists" mentioned by Kennedy also represent other non-tribal clients and interests. Tribal gaming is far from being their only issue, and it is not the only issue they advocate for on behalf of tribes.

As tribal governments, we would prefer to spend all of our revenues on directly helping our members, our employees, our neighbors, and worthy causes. We'd be happy if we never had to spend another nickel on

lobbying. But the reality is that we must protect our best interests at the state and federal levels – using the system that has been created for that purpose – because our tribal members are counting on us to do so.

In addition to providing programs and services to our members, the tribes are also major job providers. Statewide, tribes are the sixth largest employer in the state. Many of us are the largest employers in our regions. We provide 20,550 direct casino jobs alone and another 21,000 people work for Minnesota companies that rely on our casinos and tribal governments for business.

Because most of these jobs are in rural areas, they will not be replaced if tribal gaming is harmed. We anticipate a loss of at least 5,000 casino jobs if gaming expands in the metro area, and we know that many more jobs will be at risk among our vendors and neighbors.

Protecting thousands of quality full-time jobs with benefits is worth our time and money at the Capitol. Giving a voice to the 60,000 American Indians in Minnesota is important. For our tribal governments, defending our peoples' interests is not a mere political game. It is our fundamental duty as tribal governments, whether our opponents acknowledge it or not.

Gaming Expansion Remains in the Stadium Financing Mix

By Jamie Edwards, director of government affairs

While Governor Dayton's deadline has passed for submitting plans for a new Vikings stadium, no decisions on a site or financing have been made.

Gaming expansion continues to be discussed as a possible way to fund the state's portion of the stadium. Governor Dayton has indicated that racinos (slot machines at the state's race tracks) are not his preferred funding source. He believes that potential racino revenue would be delayed due to ensuing legal challenges.

Instead, Dayton prefers electronic pull tabs, which would upgrade traditional paper

charitable pull tab games to upgrade to electronic devices. The revenue generated by the state from electronic pull tabs could be used to pay for the state's share of the stadium.

A potential Vikings stadium and gaming expansion will be highly discussed topics during the 2012 legislative session, which convened on January 24. The Band will work hard to defeat any gaming expansion that would hurt the Mille Lacs Band and Grand Casinos. Gaming expansion would kill jobs in rural communities, which would be difficult – if not impossible – to replace.

As the state considers expanding gambling in Minnesota, the Band is uniting

with its members, employees, vendors, neighbors and friends to help protect our region's economy.

Take action

You can join the coalition at the Mille Lacs Band Action Center on the Band's website (www.millelacsband.com). Once you sign up, you will receive updates on the status of gaming expansion discussions and might be asked to voice your opinions to your legislators at key times.

First Time Homebuyer Education Class

Interested in buying a home? The Minnesota Chippewa Tribe (MCT) Finance Corporation is offering a class for first-time homebuyers on Saturday, March 3, from 8:30 a.m.-4:30 p.m. The MCT Finance Corporation requires buyers to take this class before they qualify for an MCT loan.

Please contact Cindy Beaulieu at 218-335-8583, ext. 150, or cbeaulieu@mnchippewatribe.org to reserve your spot in this class.

First American Indian Woman Elected to Minnesota Legislature



Photo courtesy of Minnesota State Legislature web site

Susan Allen, a member of the Yankton Sioux Tribe in South Dakota, made history on January 10 when she was elected to the Minnesota House of Representatives in a special election. The DFLer became the state's first-ever female American Indian legislator.

A total of nine American Indians have served in the Minnesota Legislature, six of whom served when Minnesota was still a territory. Only three American Indians have served in the Legislature since Minnesota became a state in 1858. Susan is the first American Indian legislator since Senator Harold Finn left office in 1996.

Susan is an attorney by trade, specializing in tax law and issues related to tribal contracts and governance.

"I grew up in poverty with many challenges, made it through law school with the support of my family, and became a lawyer so that I could fight for economic and social justice for those who most need an advocate. I know what it's like to feel left out of the process," Susan said on her campaign website.

"I reflect the great diversity of our district, as a Native American woman and a member of the LGBT community [Lesbian, Gay, Bisexual and Transgender], and hope to bring this important voice to the state Capitol to offer more balanced, representative contributions and input," she said.

Susan represents District 61B, which includes Powderhorn Park, Bryant, Lyndale, Kingfield, Field, Regina, and Central neighborhoods in South Minneapolis, some of the poorest areas in the Twin Cities. Approximately 800 of her constituents are American Indians.

Indian Education Becoming Higher State Priority

In the early 2000s, the State of Minnesota eliminated Indian education offices that had fostered the working relationship between state officials and Minnesota's 11 tribes. Now, after several years and a coalition effort to renew Indian education priorities, Mille Lacs Band Commissioner of Education Dennis Olson is feeling more confident about the path that education leaders are on.

"The state is recommitted to working alongside tribes and educators to address disparities and the large achievement gap for American Indian students," Dennis said. "The state's education commissioner is supportive and enthusiastic, and the Governor is allowing her to run with her ideas."

Governor Dayton, Minnesota Education Commissioner Brenda Cassellius, and tribal and education representatives from around Minnesota gathered for the first-ever Governor's American Indian Education Summit in January. The summit focused on addressing challenges facing the state's Indian students and developing shared strategies to improve their achievement. Currently, American Indian students' test scores lag behind those of their non-Indian peers,

and their dropout rates are higher.

The summit resulted from Commissioner Cassellius hosting a listening session last fall with the Tribal Nations Education Committee (TNEC), of which Dennis is a member. Formed after the state closed the Indian education offices, TNEC acts as a tribal liaison to the Governor and Commissioner Cassellius on education issues. TNEC includes a member from each of the 11 Minnesota tribes, a Minnesota Chippewa Tribe representative, and at-large members from the Twin Cities and greater Minnesota. The agenda for the American Indian Education Summit was developed at this listening session.

TNEC also lobbied for recreating a state Indian education director position. Commissioner Cassellius quickly advocated for the position, and she and TNEC are now in the hiring process.

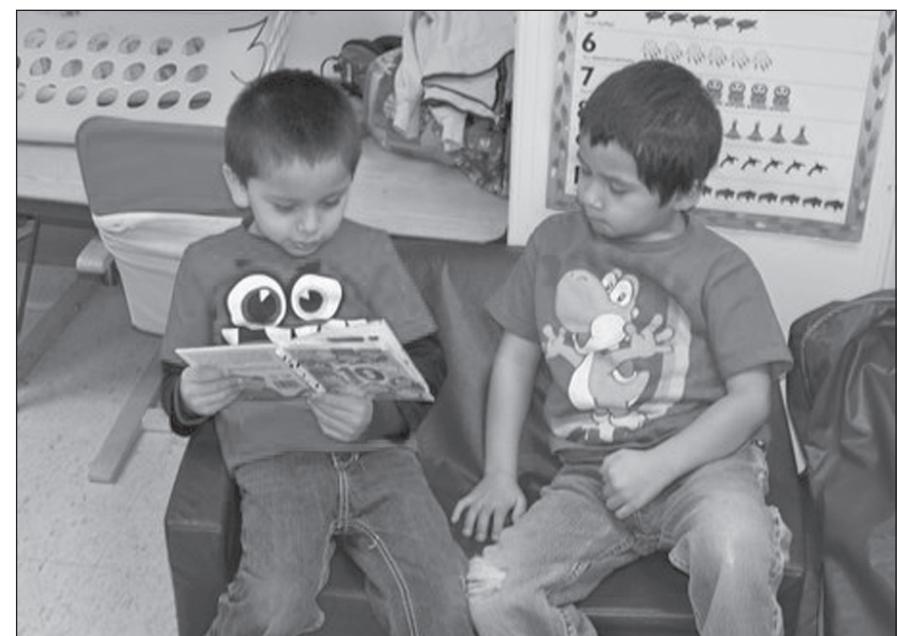
"Our recent progress helps us feel that we are regaining our voice with regard to education at the state level," Dennis said.

Mille Lacs Band member Mary Sam and Onamia Public Schools Superintendent John Varner attended the summit from the Mille Lacs area. Another summit may be held this spring.

Nay Ah Shing Schools Promote Early Literacy



Nay Ah Shing student Isaiah Jackson reads to Head Start friends Ava Gahbow and Makiah Eagle. Each week Head Start classrooms 3 and 4 read with Nay Ah Shing kindergarteners as a part of the partner reading program.



Nay Ah Shing student Darnell Mitchell reads to Kenny Mitchell as a part of the Head Start and kindergarten's partner reading program. The program promotes early literacy for Head Start students and gives the kindergarten students the opportunity to practice their reading skills.

Photos courtesy of Tammy Wickstrom

Public Health Department Updates

Gego Zagaswaaken (Don't Smoke) program announcements

By Roberta Ladd, health educator

Congratulations to the many Band members who made New Year's resolutions to quit smoking. The Gego Zagaswaaken staff understands how difficult this pledge can be. Band members who need support to help reach their goals or are considering quitting smoking are encouraged to contact Roberta Ladd at 320-532-7812.

Monthly community education sessions featuring the program's new video, along with hands-on demonstrations on how to make kinnikinnick will continue throughout the year. Look for more information on dates, times and locations of the sessions in future *Inaajimowins*.

WIC clinics to offer dental fluoride varnish this month

By Allison Harr, all-districts MCH coordinator

Oral health is critically important to the overall health and well-being of children. Cavities are painful, and they can disrupt proper development and alignment of facial bones, jaws, and teeth, as well as language development. If proper oral hygiene is practiced, cavities and other serious oral health problems can be prevented.

Even before childbirth, parents and other caregivers should make sure their own mouths are as healthy as possible to reduce the likelihood of spreading harmful, cavity-causing bacteria from their saliva to the newborn baby's mouth. Here are some ways to prevent spread of bad bacteria from caregivers to the infant:

- Practice good oral hygiene and seek dental care every six months
- Do not share utensils, cups, spoons or toothbrushes with an infant
- Do not clean a pacifier with your mouth before giving it to an infant
- Do not put an infant to bed with a bottle
- Wipe infant gums with a wet

cloth after feeding even before teeth appear

- Children age one or older should see the dentist regularly
- Give children healthy snacks such as fruits and vegetables
- Brush the child's teeth twice daily as soon as teeth appear.
- Preschool-aged children should brush with assistance twice a day for at least two minutes with fluoride toothpaste. Children should spit out the toothpaste after brushing but should not rinse their mouths with water. The small amount of toothpaste that remains in their mouths helps prevent tooth decay.

Another way to prevent cavities in children is to use dental fluoride varnish, a safe, protective coating painted on teeth with a brush. Fluoride varnish helps strengthen teeth and prevent tooth decay. The treatment should not replace regular dentist visits.

The Mille Lacs Band Public Health Department will offer dental fluoride varnish during Women, Infants and Children (WIC) clinics. For more information, contact Allison Harr or Kari DiGiovanni at 320-532-7511.

Harmful effects of methamphetamines

By Kristy LeBlanc, prevention specialist manager

Methamphetamine (meth), a central nervous system stimulant drug, is a white, odorless, bitter-tasting crystalline powder that easily dissolves in water or alcohol. It can be taken orally, by snorting the powder, through needle injection, or by smoking.

Meth is severely addictive and can damage the brain, liver, lungs and kidneys, and cause dental problems, high blood pressure, exhaustion, twitching, loss of appetite and weight, stroke, and even death.

If you know someone battling a meth addiction, encourage them to get help through the Mille Lacs Band Public Health prevention program. Contact Kristy LeBlanc at 320-532-7776 for assessment and treatment options.

Housing Department 2012 Directives

By Arlene Weous, director of housing department, and Richard Hill, general manager of housing department

The Mille Lacs Band housing department would like to thank all the Band residents who are in good standing with the housing department. The department encourages tenants to continue good homecare habits and share their positive stories about maintaining safe, clean homes in the Mille Lacs Band community.

The housing department is responsible for managing approximately 440 Band-owned homes, including rental properties, Elder homes, and transitional housing in all three districts.

There is a waiting list for each housing option. Band members on the waiting list for each housing option are encouraged to keep their contact information up to date with the housing department to make the process of filling vacated homes more efficient. More information about housing waiting lists can be found online on the Mille Lacs Band's housing page under programs and services at www.millelacsband.com.

To start off the new year, the housing department would like to remind tenants of the housing policies and share the department's goals.

Overall, the housing department would like to establish more accountability among staff members and tenants to ensure that the homes are properly cared for. Part of this initiative will include

more education on what it means to sustain a healthy, clean home.

Housing maintenance is one of the routine components of sustaining a livable home. New tenants are given a preventative maintenance education checklist and a fire prevention video from a housing staff member upon move-in, and existing tenants receive the same training during their annual maintenance inspections to ensure homes are in adequate condition.

Aside from these precautionary procedures, tenants are encouraged to be mindful of preventative maintenance and understand the importance of communicating with the housing department. Contact Daniel Boyd, housing maintenance coordinator, at 320-532-7415 or 320-630-2620 when there is a problem that should be addressed. Staying on top of problems when they first appear will help avoid more complex and expensive issues.

Some of the housing department's future goals include training staff on financial planning and maintenance procedures so tenants have more resources to utilize.

Look for more housing announcements in future *Inaajimowin* issues. The housing department looks forward to building relationships with its tenants in 2012.

Mille Lacs Band Housing Christmas Light Contest Winners

Congratulations to all of the winners of the 2011 Christmas light contest!

District II (Isle)

- 1st place – Melanie Garbow

District II (McGregor)

- 1st place – Clarence Moose

District III (Hinckley area)

- 1st place – Vanessa Gibbs

District III (Lake Lena area)

- 1st place – Carlene Benjamin
- Runner-up – Candace Benjamin

Whitefish/ Port Mille Lacs

- 1st place – Pete Nayquonabe

Boys & Girls Club Announces Members of the Month



Leilani Sam



Gordon Sam



Victoria Villebrun

By Justin Beaulieu, Boys & Girls Club director, and Charlee Edwards, District Ia Boys & Girls Club coordinator

The Mille Lacs Band's Boys & Girls Club honored Leilani and Gordon Sam as the club's District I January members of the month, and Victoria

Villebrun as the District Ia January member of the month.

Leilani and Victoria are third-graders and Gordon is a second-grader. All three attend Nay Ah Shing School.

To be chosen for this award, participants must consistently have a positive attitude and willingness to learn and try new things. Additionally, club members must show certain characteristics of leadership and attributes of a good role model.

Victoria was selected for this honor because of her dedication to homework, passion for helping younger members, good attendance, and enthusiasm for new activities.

Congratulations Leilani, Gordon and Victoria!

Photos courtesy of Justin Beaulieu

Snowshoes, an American Indian Invention

In the deep of winter, traditional Ojibwe hunters strapped on snowshoes to maneuver through thick snow. Snowshoes, which were developed by American Indians in the Great Lakes region, allowed the hunters to move more easily in their efforts to feed their families.

Ojibwe hunters wore snowshoes while trapping or stalking prey with bows and arrows. Traditional snowshoes were made up of two basic parts: a hardwood frame and a netting made of hide, twine or sinew (animal tendon). Wide and strong, snowshoes distributed the hunter's weight across a larger surface, preventing the hunter from sinking into the snow.

Ojibwe called the rounded type of snowshoe the "bear paw" because the contraption left a bear-like print in the snow.

Other groups of American Indians referred to the snowshoes as "catfish" because of their shape.

Although the Great Lakes Indians had used the devices for centuries, European trappers and hunters had never seen snowshoes before meeting Indians. Most Europeans, new to the region, relied on horses for transportation, but the deep snow made this kind of travel nearly impossible. So after forging friendships with local Indians, the European trappers and hunters began using snowshoes too.

Few people, Indian or non-Indian, continue to trap or hunt during the winter. But snowshoes are now known throughout the world and are widely used for sport and recreation.

Department of Labor Updates

By Deb Campbell, Department of Labor lead instructor

Free driver's education classes in March

The Department of Labor is offering free driver's education classes to adults age 18 and older who need to take the written portion of the driver's test on March 13, 20 and 22 from 9 a.m.-noon in the District I Department of Labor classroom.

The nine-hour course will cover the information needed to pass the written driver's test. The course is open to those who have never taken the written driver's test and those who are eligible to retake the written driver's test. Class size is limited, and participants must meet program eligibility.

After completing the three-day course, the department of labor will provide transportation to the driver's license exam center in Brainerd to take the written exam. To pre-register and complete an application, visit the Department of Labor offices in District I or call 320-532-4741 or 800-922-4457.

GED exam offered at Mille Lacs Band Tribal College

The Mille Lacs Band's Department of Labor and Tribal College are facilitating an official GED exam at the Mille Lacs Band Tribal College at 10:30 a.m.-4:00 p.m. on April 13 and 20 and August 10 and 17.

The GED exam is a series of five subject area tests. A new edition of the GED exam is scheduled to be released in January 2014. This means that test takers will need to pass all five subject area tests before 2014, otherwise previous test takers will be required to retake the entire GED exam.

The series of tests costs \$60 per person. If you are retaking individual tests, each test costs \$12. If an agency is funding your GED exam, the series of tests costs \$100 and each individual test costs \$20.

If you are interested in taking the exam at the Tribal College, you must register with Melissa Lupinek, chief examiner, at 320-223-3826 or 763-689-6230.

GED scholarships

Mille Lacs Band members and first generation descendants may be eligible to use educational enrichment funds for test fees. Educational enrichment funds are available once per fiscal year. To be eligible, you must be age 18 or older.

Application forms are available on the education section of the Mille Lacs Band's website (www.millelacsband.com).

For more information or to determine if you qualify for this scholarship, contact the Tribal College Scholarship Office at 320-532-3702.

Mille Lacs Band members, first generation descendants, and other federally recognized tribal members could also be eligible for the Band's Department of Labor's GED preparation program. This program pays for eligible participants' GED exam fees.

To enroll in the Mille Lacs Band's Department of Labor GED preparation program, contact Deb Campbell, Department of Labor lead instructor, at 320-532-7811.

Department of Labor classroom hours

The Department of Labor offers classroom hours in each district for Band members who would like assistance with resumes and cover letter writing, online job searches, computer skills, and GED exam preparation. The following are the weekly classroom hours in each district:

District I Department of Labor classroom

- Mondays, Thursdays, and Fridays from 9 a.m.-5 p.m.
- Tuesdays from 1-5 p.m.
- Wednesdays from 9 a.m.-8 p.m.

District II East Lake modular

- Thursdays from 10 a.m.-3 p.m.

District III Chiminising Center

- Tuesdays from 1-4:30 p.m.

District III Lake Lena Community Center

- Wednesdays from 10 a.m.-3 p.m.

Diabetes Program Events

By Johanna Larson, diabetes program coordinator

February is American Heart Month

The diabetes program will celebrate American Heart Month at the monthly healthy heart classes in each district. Classes, which begin at noon, are scheduled for:

- Monday, February 13, at the District IIa Community Center
- Tuesday, February 21, at the District III Community Center
- Tuesday, February 28, at the District I Community Center

Family meal nights

The diabetes program will host the second monthly family meal night on Thursday, February 23, at the District I Community Center at 5:30 p.m.

At family meal nights, interested community members can learn healthy cooking tips and make a healthy meal together with their family. Community members also have an opportunity to ask diabetes program staff diet and weight questions while children participate in fun, physical activities.

For more information, contact Johanna Larson at 320-532-7790.

Focus on your feet

Have you had your feet checked recently? It is recommended to have a foot exam once a year. The Mille Lacs Band's foot doctor, Dr. Ryan, is available for appointments at each district's clinic on the following days:

- Ne-la-Shing Clinic: Every Thursday
- Aazhoomog Clinic: The first Wednesday of each month
- East Lake Clinic: The third Wednesday of each month

Call your clinic to schedule your foot exam, or contact Johanna Larson at 320-532-7790 for more information.

Early Education Department Announcements

By Cindi Cooley, early learning parent mentor coach

Mii gwech to all of the parents whose children had 100% attendance during December. Good attendance is very important for education development, and the early education department encourages parents to continue making good attendance a priority for their children.

If your child has to miss school, make sure you contact the school in advance at 320-532-4690. This will make sure the absence is excused instead of unexcused.

Also, if your child normally rides the bus and you need to pick your child up from school instead, remember to call the school by 2 p.m. that day to give adequate time to notify the staff and bus drivers.

Parent Cafes

As a reminder, Parent Cafes are held every Wednesday from 2-3 p.m. at the Lower School. The early education department is putting together a scrapbook with the early education students. At the Parent Cafes, parents can help with the project by contributing childhood pictures and stories. Throughout the month of February, Parent Cafes will also cover parenting topics such as positive parenting, single parenting concerns, and grieving over the loss of loved ones.

For more information about Parent Cafes, contact Cindi Cooley or Becky Johnson at 320-532-4690.

Heating, Water, and Home-Related Maintenance Problems

If you live in a Mille Lacs Band Housing-maintained home, or if you are a Band member homeowner living within the service area and need emergency maintenance during the winter months, call the housing maintenance supervisor in your district. During regular business hours, please call our customer service representative at 800-709-6445, ext. 7433 or call direct at 320-532-7433. If you need assistance after hours, please call 866-822-8538. Press 1, 2 or 3 for your respective district.

Tribal Noteboard

Happy February birthday:

Jenny, on February 3 with love from Wesley, Deek, Tracy, Kelly, Jay, Kellen, Rachel, June, Taya and Noah • **Nancy**, on February 17 from your family • **Bobbi Sam**, from your family • **Bobber Head**, with love from Nancy, Kyla, Bundy, and Coda Gahbow • **Joseph**, 17, on February 25 with love from Mom, Dad and family • **John**, on February 25 with love from Renee, Troy and family • **Jeremiah Churchill**, on February 1 with love from your Churchill family • **Anna Churchill**, on February 17 with love from your Churchill family • **Ryan O'Brien**, on February 19 with love from your Churchill family • **Arianna Donahue**, on February 19 with love from your Churchill family • **Audrey Stately**, on February 7 from Robert, Candy, Leland, grandkids, and great grandkids • **Chantelle Beaulieu**, 24, on February 3 from Dad, Aunty, Leland, Rod, Louise, Shane, Courtney and Connor • **Kenny Towle**, from Rachelle and the HOWL crew • **Blaze X**. **Harkness**, 1, on February 7 with love from Mom and Dad • **Braelyn Harrington**, 9, on February 22 from Mom, Isabel, Luis, Brynley, Grandma Pam, Dad, Kristy, Peyton, Eric, Wesley, Val, Mariah, Papa Brad, Nicole, Chris, Jameson, Cordell, Lil Chris, Gram K, Gram AA, Tracy, Jarvis, Shelby, Max Dean, Aidan, Rachel, Waylon, Sharon, Ravin, Melz, Randi, Jay, Kate, Taylor, and Adam Parker • **Gladys**, on February 3 with love from Lenore, Tyson, Faith, Eva, Jeff and Jon • **Clayton Jr.**, 14, on February 7 with love from Lenore, Tyson, Faith, Eva, Jeff, Jon, Mom, Dad, Clayton Jr., Aubrey, Roxann, Danica, Gramma Gladys, Grandpa Ron, Desi, Lydell, Kayla, Tayaunna, Camille, Lance, Terrell, Tierra, LaDarius, Roland Jr., Roland Sr., Collin, Roger, Bev, Juni, Roy, and Jillian • **Isaiah**, on February 10 with love from Lenore, Tyson, Faith, Eva, Jeff, Jon, Evan, Colleen, Susan, Maggie Sue, Grandpa Lenny, and Dad • **Raina**, on February 23 from Lenore, Tyson Faith, Eva, Jeff and Jon • **Rosa**, on February 26 from Eva, Jeff, Lenore, Tyson, Faith and Jon • **Brandon Boyd**, 17, on February 3 from Aunt Judy • **Chandler Connors**, 4, on February 2 with love from Grandma Judy and Grandpa Juice, Mom, Dayaunna, Morgan, and Tanya • **Courtney Boyd**, 19, on February 8 with love from Dad, Mom, Shane, Connor, Kelsie, Dan, and the rest of the family • **Cheyenne Davis**, on February 20 from Rod, Louise, Shane, Courtney, Connor, mom,

Boz, Mitzi, Marlow, Franny, Nubs, Ricki, Kendra, Sean, and the rest of your family • **Stephen Loso**, 22, on February 28 with love from Auntie D • **Melanie Benjamin**, on February 4 from the Smith and Garbow families • **Danica Benjamin**, 2, with love from Mom, Dad, Clayton Jr., Aubrey, Roxann, Gramma Gladys, Grandpa Ron, Desi, Lydell, Kayla, Tayaunna, Camille, Lance, Terrell, Tierra, LaDarius, Roland Jr., Roland Sr., Collin, Roger, Bev, Juni, Roy, and Jillian • **Roxann Benjamin**, 9, on February 6 with love from Mom, Dad, Clayton Jr., Aubrey, Clayton Jr., Danica, Gramma Gladys, Grandpa Ron, Desi, Lydell, Kayla, Tayaunna, Camille, Lance, Terrell, Tierra, LaDarius, Roland Jr., Roland Sr., Collin, Roger, Bev, Juni, Roy, and Jillian • **Kaitlynn Wind**, on February 2 from Gladys, Ron, Desi, Lydell, Kayla, Tayaunna, Camille, Lance, Terrell, Tierra, LaDarius, Roland Jr., Roland Sr., Collin, Roger, Bev, Juni, Roy, and Jillian • **Brevin Bugg**, on February 4 from Gladys, Ron, Desi, Lydell, Kayla, Tayaunna, Camille, Lance, Terrell, Tierra, LaDarius, Roland Jr., Roland Sr., Collin, Roger, Bev, Juni, Roy, and Jillian • **Lil Chris**, on February 7 with love from Mom, Dad, Jameson, Cordell, Gram K, Gram AA, Val, Mariah, Kevin, Tracy, Jarvis, Shelby, Max Dean, Aidan, Jacob, Jamie, Aiva, Mark, Emery, Rachel, Waylon, Sharon, Ravin, Melz, Brad, Randi, Jay, Kate, Taylor, Adam Parker, Brad Eric, Kristy, Peyton, Braelyn, Eric, Wesley, and Brynley • **Jacob**, on February 16 with love from Mom, Jamie, Aiva, Mark, Emery, Val, Mariah, Kevin, Nicole, Chris, Jameson, Cordell, Lil Chris, Gram K, Gram AA, Tracy, Jarvis, Shelby, Max Dean, Aidan, Rachel, Waylon, Sharon, Ravin, Melz, Randi, Jay, Kate, Taylor, and Adam Parker • **Cordell**, on February 23 with love from Mom, Dad, Jameson, Lil Chris, Gram K, Gram AA, Val, Mariah, Kevin, Tracy, Jarvis, Shelby, Max Dean, Aidan, Jacob, Jamie, Aiva, Mark, Emery, Rachel, Waylon, Sharon, Ravin, Melz, Brad, Randi, Jay, Kate, Taylor, Adam Parker, Brad Eric, Kristy, Peyton, Braelyn, Eric, Wesley, and Brynley • **Simone**, 15, on February 11 with love from Mary, Selena, Dante, Mase, Shawsha, Soul, Daymon, Gramma, Dealayna, Stone, Derek, Frankie, Mom, Joe, Donny, Joey, Sheila, Bruce, Jeannette and Jim • **Gramma Vera**, on February 20 with love from Beaner, Dante, Mase, Shawsha, DayDay, Soul, DeaLayna, Stone,

June Bugg, Franny, Simone, Donny, JoJo, Sheila, and Nettie Poo • **Mona**, on February 13 from Vera, DeaLayna, Stone, Danielle, Derek, Franny, Mary, Selena, Shawsha, Soul, Daymon, Dante, Maysun, Rachel, Simone, Donne, Sheila, Joey, Jim, Jeannette and Bruce • **Mase Sr.**, on February 13 with love from Shawsha, Mase Jr., Soul, Daymon, and Dante • **Maylon**, on February 19 from Auntie Vera and all your cousins • **Dennis Thomas**, on February 11 with love from Sassi and Willow • **Antwaun**, 13, on February 18 with love from Mom, Billy, Cheyaunna, Laila, Lil Ricki, Baby Wax, Nema, grandma, and your uncles • **Pauline Sam**, on February 12 from Molly, Scott and family • **Mimi**, on February 23 with love from Gramma Molly, Papa Scott and family.

Happy Februry birthday to Mille Lacs Band Elders!

Nancy Arnoux
Laura Ashcroft
Frank Benjamin Jr.
Melanie Benjamin
Debra Blake
Judy Carlson
Harry Davis
Bonita Eagle
Douglas Eagle
Eileen Farah
Eugene Garbow
Beverly Graves
Mary Hoffer
Donald Houle
Conrad Kegg
Maggie Kegg
George LaFave Jr.
Dwight Madison Jr.
Victoria Mitchell
Gilbert Moose
Debra Northrup
Robin Oswaldson
Rhonda Peet
Alan Pindegayosh
Lawrence Reynolds
Ellen Roth
Bette Sam
Darlene Sam
Gladys Sam
Kenneth Shingobe
Alvera Smith
Elizabeth St. John
Robert Staples
Audrey Stately
Berniece Sutton
Emma Thomas
Ramona Washington
Tony Weous

Patrick Weyaus
Marilyn Whitney
Clyde Wind
Dorothy Wistrom

Birth announcement

Congratulations to Maria Costello and Charles Aubid Sr. on the birth of their new baby boy. **Jaxsen James Aubid** was born on December 20, 2011, weighed 7 lbs., 7 oz., and was 19 in. long. He is welcomed home by Sonny, Elle, grandparents, aunts and uncles.

Congratulations

Congratulations to **Sonny and Cassandra Vizenor** for receiving their A.S. degree in criminal justice from North Hennepin Community College. They also helped create the Native American Nations Association while at the college and served as president and vice-president. *From mom, James, Robert and Roland.*

• • •
Congratulations to **Alejandra Merrill** for a receiving a Husky High 5 award. Alejandra is in the second grade at Isle Elementary School.

Anniversary

Congratulations to **Don and Alice Olson** on celebrating their 43rd wedding anniversary on January 15. *With love from your family.*

In memory

In loving memory of **Harold St. Clair**. I miss you Mick! I especially miss our talks and being together almost every day. It will be three years on January 21 since you said goodbye to me. I think of you every day and wish you were still with me. I love you and miss you so much. You're missed and we love you *from mom and family.*

• • •
In loving memory of **Mary J. Reynolds**. It's been over three years since you took your journey and moved on from this life. While we miss you every day, knowing you're finally happy and pain free is a comfort. You are loved just as much today as ever. Keep smiling beautiful lady. We'll meet again someday. *From your family.*

Obituaries

Rose Anna Benjamin

Born - December 16, 1954
Died - December 16, 2012
Lived in Hinckley

Ojibwe Culture and Traditions

Moccasin Telegraph



My Grandma and Aunt Rose

By Isabelle Eubanks, Mille Lacs Band Elder

I grew up in Isle, where I was raised by my grandmother and my aunt Rose. My father moved us here from Fond du Lac just after my mother passed away. I was only a baby, the youngest of six children.

I stayed here year-round until I was in the fifth grade. My sisters and brothers were away at Indian boarding school, so I asked my aunt if I could go too. Every year we would go away to school from September to May. We got to come home in the summer, except for one year. We would look on a list and if your name was on it, you would go home. That year, our names weren't on the list, so me and my sister stayed at school. While we were there, we husked corn, broke the ends off green beans, and went swimming. Indian kids came from all over the United States, and we got to meet them. It was fun, but we forgot our language because we never spoke it – the school didn't let the students talk Indian.

By the time we got home in the summers, we would be speaking only English. Before I left Isle, I could talk to my grandmother, but when I came back from school, I would forget a lot of the words. I would try to talk in our language, but I would forget what I was going to say, so it would get real frustrating. I can understand the language now better than I can speak it,

but there's still quite a bit I don't understand.

When I would come home in the summer, my grandma and the others used to camp out by the highway and make birch bark baskets. They would put them out every day and sell them. If I wanted any money, I would have to make them too, but I only made the small baskets and little miniature canoes. They would sell, and I would get a little money. We didn't have much, but we were happy.

My grandma didn't believe in anybody being idle. She always wanted me to be doing something and be productive. When I would get up in the morning, I would take my time doing everything – making my bed, getting dressed, eating breakfast, doing the dishes – because when I was done, I knew I had to start sewing.

When she made birch bark baskets, grandma would get the basket fiber from big rolls of basswood bark. She would take the rolls and pound them against a tree to flatten them out and make the fiber. Then we would make the designs on the birch bark. Then the fiber would have to be dyed to make the color you wanted, and we would stitch the designs on the birch bark with the fiber. When I think back, that was a lot of work. But they turned out nice.

My grandma also used to teach me how to make fry bread. When I was grown up, I would make it once in a while and my kids liked it, but it wasn't like my aunt Rose's bread. I can only make small ones, but I think I will start trying again.

I moved down to the cities in 1952, right after school was over. I had a family, raised my children, and worked at the American Indian Center. I just moved back up here to Isle in 2000. While raising my children, I didn't have much time, so it is just now that I'm starting to get back in the cultural aspect of things.

Mille Lacs Indian Museum Craft Workshops

The Mille Lacs Band has long been known for its talented artists and craftspeople. Basket making, beading, and using natural materials to create beautiful Ojibwe designs are skills that have been handed down from one generation to the next.

The Mille Lacs Indian Museum hosts workshops each month to teach people how to make traditional Ojibwe crafts, from birch bark ornaments to sweet grass baskets to leather moccasins. Mille Lacs Band Elders teach many of the classes.

Below are photos of crafts made at recent workshops.



Miniature ornaments made from birch bark



Sweetgrass baskets



Ojibwe-style mittens

Ojibwe moccassin workshop

Learn techniques of leather working in this two-day class. Participants will make a pair of Ojibwe-style moccasins to take home. This class will be held on Saturday, February 25, from noon-4 p.m. and Sunday, February 26, from 10 a.m.-2 p.m.

The workshop costs \$60 for the general public or \$55 for Minnesota Historical Society members and Mille Lacs Band

members, plus an additional \$15 supply fee.

Kids craft workshop

Listen to museum staff read storybooks, enjoy light snacks, and learn how to bead a ring. This project is recommended for children eight years or older.

The workshop costs \$3 per kit and will be held on Saturday, February 4, from noon-4 p.m.

Please call 320-532-3632 for more information.

Photos courtesy of Mille Lacs Indian Museum

Calendar of Events

February 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*To Purchase Tickets	<i>If you would like an event included in the community calendar, please contact Kelly Sam at 651-292-8062 or write to Kelly at kelly@goffpublic.com</i>		1	2	3	4
Visit a Grand Casino box office, call TicketMaster at 800-745-3000, or visit www.ticketmaster.com					2012 Elections: Close of filing period (See page 3)	Kids Crafts Mille Lacs Indian Museum Noon-4 p.m.
					America's Favorite Dancers* Grand Casino Hinckley 8 p.m.	America's Favorite Dancers* Grand Casino Mille Lacs 8 p.m.
5	6	Narcotics Anonymous Red Brick House 6-7 p.m. Every Monday	Onamia Indian Education Meeting Rolf Olson Center Noon Contact: David Sam, 320-532-4901	District I Community Meeting District I Community Center 5:30 p.m. Contact: Rachel Peirce 320-532-7423	9	10
12	13		14	15	16	17
		Pine Grove Leadership Academy Meeting 5 p.m. Contact: Melanie Benjamin 320-384-7598		District III Community Meeting Grand Casino Hinckley 6 p.m. Contact: Katie Draper 320-384-6240		18
19	20		21	22	23	24
		AMVETS Meeting Grand Casino Mille Lacs 6 p.m. Contact: Allen Weyaus 320-630-2988	District II Leadership Academy School Board Meeting 4 p.m. Contact: Raina Killspotted 218-768-2345	District IIa Community Meeting Chiminising Community Center 5:30 p.m. Contact: Lesley Sam 320-676-1102	District II Community Meeting East Lake Community Center 5 p.m. Contact: Jenny Waugh 218-768-3311	Ojibwe Moccasin Workshop Mille Lacs Indian Museum Noon-4 p.m.
26	27	28	29	March 1	2	3
					Roger Hodgson* Grand Casino Hinckley 8 p.m.	
4	5	6	7	8	9	10

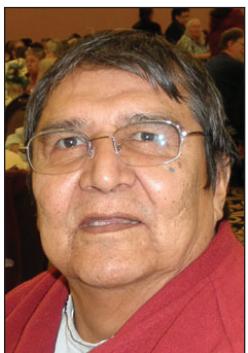
How Do You Give Back To The Community?

Brad Harrington Sr.



"I help out my neighbors with their housing issues, mow their grass, or shovel the snow from their driveway. The act of kindness goes a long way."

Anthony Davis



"I built picnic tables for DNR and the community center in District IIa Isle. I also help mow Elders' lawns in the summer."

Erik Parsons



"I exercise our treaty rights and give away fish and wild rice to the Elders and other community members."

Circle of Health Updates

By Circle of Health staff

Circle of Health hires new director

Circle of Health welcomed Band member Carol Hernandez back to its department as director in January. From 2000-2005 Carol worked for Circle of Health as the urban case manager.

As director, Carol will be working with the Department of Administration to address the directive from Chief Executive Marge Anderson to establish Band-wide health insurance. Band members can expect to receive mailed updates in the near future.

"I'm pleased to return to Circle of Health and work to better meet the needs of Band members," Carol said. "My goal is to assure that both Band members and providers receive prompt and courteous service."

Annual updates

Thank you to the Band members who completed their annual updates at State of the Band. Band members who took the forms home will still need to submit copies of their insurance cards (both front and back). Band members who have not completed the annual update can request forms to be mailed, faxed or e-mailed to them. Otherwise the forms can be found on the Mille Lacs Band website, www.millelacsband.com, under programs – Circle of Health.

Beginning in April, without this information on file, any future reimbursement requests will be put on hold until Circle of Health receives the requested information. The annual update information is vital for communication between Band members, insurance companies, and employers.

Medicare premium reimbursements

The next processing period for quarterly reimbursements will be the second week of April. Band members who have not received their first-quarter reimbursement, which includes the months of January-March, should contact their claims processor in case he or she hasn't received their annual award letter for 2012.

Diagnostic tests

All Band members who have radiology tests such as x-rays, MRIs or CT scans need to contact their provider's billing office to provide their Circle of Health information in addition to providing it to the clinic.

The billing office will ask for the date of service and an account number, so make sure to have those readily available. Also, an explanation of benefits (EOB) is needed along with a statement in order to process the claim. An EOB is usually sent by mail or e-mail. If it isn't received or is misplaced, Band members can call the customer service number on the back of their insurance card to request another copy. A date of service will need to be provided.

Reimbursements

Lastly, Band members should allow a two- to six-week grace period from the date of their claims reimbursement submission. Band members who don't receive anything within six weeks should contact their claims processor, David Boyd (last names A-L), Roberta Lemieux (last names M-Z), or Carol Hernandez, Circle of Health director, at 320-676-8214 or 800-491-6106.

2012 State of the Band Address



Photos courtesy of Kelly Sam

Chief Executive Marge Anderson delivered the 28th annual State of the Band Address on January 10. Pictured (from left to right) at the event are Marge's great grandson Dallas Anderson, Marge, her granddaughter Tina Anderson, and great granddaughter Shyla Lussier Anderson.



Band Assembly members attended the State of the Band Address. Pictured (from left to right) are Secretary/Treasurer Curt Kalk, District III Representative Diane Gibbs, District II Representative Marvin Bruneau, and District I Representative Sandra Blake.



Band members Allen Weyaus, Dan Boyd Jr., Diane Nickaboine, and Renee Pewanush presented the flags at the State of the Band Address.

OJIBWE INAAJIMOWIN

March 2012

"The story as it's told."

Volume 14 • Number 3

Tribes Edge Closer to Decision on Nelson Act Funds



District III Representative Diane Gibbs, Chief Executive Marge Anderson, and District I Representative Sandra Blake were among the Minnesota Chippewa Tribe leaders attending a February 2 hearing about the Nelson Act in Washington, D.C.

The legislation that would result in compensating the Mille Lacs Band and other members of the Minnesota Chippewa Tribe (MCT) for damages from the 1889 Nelson Act is edging closer to passage in Congress.

The Senate version of the bill received a hearing on February 2 in the Senate Committee on Indian Affairs, and the House version of the bill is scheduled as of this writing to be heard in the Subcommittee on Indian and Alaska Native Affairs on March 1. The two bills are considered companion files, meaning they would have the same result if passed by Congress – they would release the money that the MCT is owed.

Minnesota Senator Al Franken, and Representatives Collin Peterson and Chip Cravaack are pushing for passage.

"The federal government owes the Minnesota Chippewa Tribe this money," Senator Franken said in testimony during the recent Senate hearing. "But tribal members cannot receive a dime until Congress passes a distribution formula."

The Nelson Act intended to force the Ojibwe to relinquish their reservation lands. The federal government took ownership of thousands of acres of land, and much of it ended up in the hands of non-Indians. While proceeds from land and timber sales were intended to benefit the Ojibwe people, the federal government sold the land for less than it was worth and misspent some of the funds.

When the bills in Congress pass, it will finally compensate – at least in part – the Mille Lacs, Fond du Lac, Bois Forte, Grand Portage, Leech Lake, and White Earth bands of the MCT for their losses. A \$20 million settlement was awarded in 1999 but has been tied up ever since as the bands worked to agree on how to divide that amount. Now totaling more than \$28 million with interest, part of the money would be divided among individual enrolled members of the six bands – approximately \$300 for each person – and almost \$3 million will be awarded to each of the six tribal governments.

2012 Band Election Candidates

The Joint Assembly met on February 16 to certify candidates for the 2012 Mille Lacs Band Election as authorized by Chapter I, Section C.4 of the Minnesota Chippewa Tribe (MCT) Election Ordinance (Revised December 19, 2011).

Chapter I, Section C.4 states that any person who has filed a Notice of Candidacy has standing to challenge the certification or non-certification of a person who has filed a Notice of Candidacy.

The Mille Lacs Band Primary Election is on Tuesday, April 3.

Chief Executive

- Marge Ann Anderson*
- Melanie Ann Benjamin
- Thomas Lee Benjamin, Sr.
- Michael Wayne Davis
- Peter James Gahbow
- Lisa Michelle Jackson
- David George Matrious
- Louis Kevin Merrill (Bahwahsung)
- Vincent Edward Merrill

- Meskwaniakwad
- Samuel Archie Moose
- Mushkooub
- Michael James Nickaboine
- Herbert Sam
- Carolyn Marie Shaw
- Larry Marion Smallwood
- Michael Laverne Wade
- Herbert Weyaus, Sr.

District I Representative

- Sandra Blake*
- Dale Ballinger Day
- Carol Ann Sam
- Alicia Lydia Skinaway
- Ronald Eugene Smith

School Board

- Dale Ballinger Day (District I)
- Loretta Kalk (Chair)
- Kimberly Kegg (Chair)
- Semira Kimpson (District I)
- Cheryl Miller (District II)
- Ruth Sam (Chair)
- Eloise Wind (District II)

* Incumbents

Treaty Rights Celebration on March 23



All Band members are invited to the Treaty Rights Celebration on Friday, March 23, at the Grand Casino Mille Lacs Events & Convention Center.

An invocation and honor song will begin at noon, and lunch will be served at 12:30 p.m.

There will be vendors, games for kids and adults, and door prizes available.

This event is hosted by the Mille Lacs Band Department of Natural Resources.



MILLE LACS BAND OF OJIBWE
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www.millelacsband.com



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Candidate Forums

Please join the candidates to learn more about them, their qualifications, and their positions on key issues.

Chief Executive forums

- Saturday, March 3 – District IIa (Isle) Community Center – 3-8 p.m.
- Saturday, March 10 – District I Community Center – 3-8 p.m.
- Saturday, March 17 – District II (McGregor) Community Center – 3-8 p.m.
- Saturday, March 24 – District III Community Center – 3-8 p.m.
- Saturday, March 31 – All Nations Indian Church, Minneapolis – 3-8 p.m.

District I Representative forums

- Monday, February 27 – District I Community Center – 5:30-9:30 p.m.
- Thursday, March 8 – All Nations Indian Church, Minneapolis – 5:30-9:30 p.m.

School Board Chair forums

- Same dates and locations as Chief Executive forums – 1-3 p.m.

Food and beverages will be provided.

See candidate forum guidelines to the right.

2012 Election Calendar

Provided by the Minnesota Chippewa Tribe

- April 3: Primary Election.
- April 4: General Reservation Election Board certifies Primary Results.
- April 5: General Reservation Election Board publishes Primary Results.
- April 6: Deadline for Request for Recount.
- April 10: 4:30 p.m. – Deadline for Contest of Primary Election.
- April 11: (Results, if allowed or 9th or 10th if earlier request). Decision on Request for Recount and Results of Recount.
- April 20: Deadline for Decision on Contest.
- April 23: Deadline for Appeal to Court of Election Appeals.
- April 26: Record of Contest to Court of Election Appeals.
- April 30: Last Day for Hearing on Appeal.
- May 10: Last Day for Decision on Appeal.
- May 11: Notice of Regular Election. TEC provides ballots.
- June 12: General Election.
- June 13: General Reservation Election Board certifies results of Election.
- June 14: General Reservation Election Board publishes Election results.
- June 15: Deadline for Request for Recount.
- June 19: 4:30 p.m. – Deadline for Notice of Contest.
- June 20 (or 18th or 19th if Request for Recount is filed before deadline): Decision on Request for Recount and Results of Recount, if allowed.
- June 29, (or ten days from Notice of Contest, whichever is sooner): Deadline for Decision on Contest.
- July 3: Deadline for Appeal to Court of Election Appeals.
- July 6: Record of Contest forwarded to Court of Election Appeals.
- July 10: Last Day for Hearing on Appeal (hearing within seven days notice of appeal).
- July 17: Winning candidates assume office by operation of law, unless sooner seated, or the election is subject of appeal to the Court of Election Appeals.
- Ten days from Hearing on Appeal: Deadline for decision of the Court of Elections Appeal.
- Day following Decision of Appeal: Winning candidate prevailing on appeal takes office.

Candidate Forum Guidelines

Purposes

- To inform and educate voters about the candidates and the key issues facing the Mille Lacs Band of Ojibwe;
- To offer candidates an opportunity to inform voters of their qualifications for office, positions on key issues, and plans should they be elected; and
- To inform and educate the candidates of the key issues facing the Mille Lacs Band of Ojibwe.

Format

- Each candidate will sign in with the moderator. Each candidate will receive a number, and numbers will be drawn at random to determine the order of opening statements.
- Each candidate will have three (3) minutes to make an opening statement and three (3) minutes to make a closing statement. A timekeeper will be seated in the front row and will signal the candidate with timing cards when there are 30 seconds remaining, 15 seconds remaining, and when time has expired (stop).
- Following opening statements, the moderator will ask candidates to move to a quiet waiting room while the screening team works with the moderator to coordinate questions for the candidates.
- While the candidates are making their opening statements, constituents in attendance can submit questions in a written format (3" x 5" cards and pens will be provided). Questions can be submitted only during the time that candidates are making their opening statements.
- Constituents must word their questions in a way that is applicable to all candidates. Questions must be respectful and appropriate.
- The cards will be collected and screened by the forum moderator and two members of the audience who volunteer to serve with the moderator on the question screening team. These two audience members must reside in the district in which the forum is being held.
- Screening of questions will be conducted to avoid duplication and to ensure the questions are respectful and appropriate. The moderator will provide the final determination on the appropriateness of each question; candidates and constituents must respect the moderator's decisions.

Additional rules

- The audience will give each candidate who is speaking an opportunity to be heard. This is not a community meeting, so comments from the audience will not be accepted.
 - A table for campaign materials will be provided outside of the candidate forum meeting room. No campaign materials will be allowed in the forum meeting area.
 - In deference to our limited time, please hold applause until the end of the evening.
 - The moderator has the authority to adjust ground rules to meet unexpected circumstances.
 - Timelines and guidelines will be strictly followed.
 - Please turn off cell phones and pagers. If you must make a call, please leave the meeting area.
 - Child care will not be provided, so please make appropriate arrangements for your children.
- In the interest of fairness to everyone involved, it is vitally important that everyone conduct themselves in a positive and respectful manner during these forums. Mii gwech!

White Earth Announces Plans for Twin Cities Casino

By Jamie Edwards, Mille Lacs Band director of government affairs

The White Earth Band – owner of the Shooting Star Casino in Mahnomen, Minnesota – has announced its plans for a Twin Cities casino. White Earth would split the profits 50/50 with the State of Minnesota, and the state could use its share to pay for its portion of a new Minnesota Vikings stadium.

Governor Mark Dayton believes that a metro area casino should not be linked to stadium funding because it would likely be tied up in litigation for years. Instead Dayton prefers using electronic pull tabs to help fund a stadium.

The position of the Mille Lacs Band and the Minnesota Indian Gaming Association is that any tribal effort to expand gaming to off-reservation locations is contrary to the spirit of the Indian Gaming Regulatory Act (IGRA), under which Indian gaming is conducted and regulated. White Earth's proposal could have been made by any private-sector developer. By positioning itself as a financing partner offering to develop a casino and share proceeds with the State of Minnesota outside the framework of IGRA, the tribe has compromised its sovereignty and jurisdictional authority.

White Earth's proposed casino would transfer jobs from rural

Minnesota to the Twin Cities metro area. The Mille Lacs Band estimates a loss of 1,600 direct jobs if gaming is expanded in the Twin Cities – 1,600 of the 4,100 people the Band employs today.

Other gaming bills

Since the Legislature convened in January, two racino bills have been introduced. Under one bill, the proceeds from a racino would help fund a new stadium. The other racino bill is not directly related to the stadium.

Senate Majority Leader Dave Senjem is one of the chief authors of both racino bills. As one of the state's three most powerful politicians – along with Governor Dayton and House Speaker Kurt Zellers – he leads the decision-making on which Senate committees hold a hearing on a bill and can put a bill on the fast track or prevent it from ever being heard.

Legislators are also discussing other gaming expansion options as a way to fund a new stadium, including electronic pull tabs at bars and a state-owned casino at Block E in Minneapolis. These options have not been officially introduced in the Legislature yet.

The Band will work hard to defeat any gaming expansion that would hurt the Mille Lacs Band, Grand Casinos, and the surrounding communities.

Mille Lacs Band Elders Make Quilts for Students



Photo courtesy of Tammy Wickstrom

The Elders who work with Mille Lacs Early Education and Nay Ah Shing have been busy sewing since the beginning of school. They made 60 small quilts for the infants and toddlers to use at naptime. The blankets were all unique, beautiful, and made with love. Here are Carol Nickaboine, Elfreda Sam, Susan Shingobe, and Maggie Kegg holding Opal, Rayne, Mileena, and Cadence. The staff and children appreciate the time and work it took to make these quilts.

Grand Casino Mille Lacs to Host First Lake Mille Lacs Polar Bear Plunge in March



Photo courtesy of Adrienne Benjamin

Isabella Boyd

On Saturday, March 10, Grand Casino Mille Lacs will sponsor the first-ever Mille Lacs Polar Bear Plunge at Eddy's Lake Mille Lacs Resort to raise money for Special Olympics Minnesota.

"Grand Casinos has a long history of supporting positive causes in our community," said Sarah Barten, public relations specialist at Grand Casinos. "Giving back to the Special Olympics was a great way to bring our Associates and the greater community together to support an amazing cause."

So far 100 individuals have registered to participate in the Mille Lacs Polar Bear Plunge, including dozens of casino Associates. Together the Mille Lacs Lake plungers have raised \$5,856 in donations as of February 23.

Mille Lacs Band member Carla Big Bear organized a team called Bella's Babes with 10 others, including seven Band members, in honor of Carla's niece Isabella "Bella" Boyd. Bella is a member of the Mille Lacs Raiders Special Olympics bowling team through Onamia Elementary School.

Shortly after birth, Bella suffered a severe left hemispheric stroke as a result of the meconium aspiration syndrome she was born with. Despite her physical and mental handicaps, Bella has come far from her initial medical prognosis. Eight of the 11 'Bella's Babes' team members are related to Bella.

Bella's Babes have pledged to raise \$4,300 toward the cause. Every individual sets his or her own goal.

"We are doing this to say 'thank you' to her and her fellow athletes for all they have taught us. The courage and strength that Bella has shown throughout her eight years of life makes us want to do our part to help the Special Olympic athletes of Minnesota. That's why we have pledged to take the Polar Bear Plunge," said Carla, the team's captain.

At the plunge, Grand Casino Mille Lacs will provide a 20-person hot tub and changing facilities for plunger as well as concessions and other entertainment for spectators. Participants are invited to wear crazy costumes or funny hats as they jump into the frozen lake.

Area law enforcement, Garrison fire department, the Mille Lacs Band tribal police department, Mille Lacs Band DNR and search and rescue team, Special Olympics Minnesota, and Grand Casino Mille Lacs staff will oversee the event.

About the Polar Bear Plunge

Organizations throughout Minnesota have hosted polar bear plunges to benefit Special Olympics for the past 15 years. This year the state has 16 sites participating in the cause from January through March. Individuals must raise a minimum of \$75 to take the plunge.

If you would like to participate or donate to a team or individual, visit www.plungemn.org and choose the Mille Lacs plunge location. Donations will be accepted after the day of the plunge and anyone interested in participating can register on the day of the plunge at the Waterfront Restaurant banquet room at 11 a.m. on March 10. Lake Mille Lacs plunges will begin at 1 p.m.

Free Hearing Evaluations

To schedule an appointment for Friday, March 9, at Ne-la-Shing Clinic, call 320-532-4163. Walk-ins are welcome. We will do our best to serve you.

Hearmore Hearing has offices in St. Paul and Osseo. To schedule an appointment Monday through Friday, call the St. Paul office at 651-771-4019 or the Osseo office at 763-391-7433.

Spring Per Capita Check Distribution

Checks will be distributed to all eligible Mille Lacs Band members on April 5, 2012 at each Band member's home district. This distribution will include monthly, bi-monthly and tri-annual Band members only. Reminder: checks will be given only to the person whose name is listed on the check.

Pick-up locations

Elders, handicapped and homebound persons living in District I, II, IIA, III and the Twin Cities urban area can pick up their per capita checks on April 5, 2012. The distribution sites include the District I Assisted Living Unit, the East Lake Community Center, the Isle Chiminising Community Center, the Lake Lena Community Center, and the Urban Office. Hours are 8 a.m.-4:30 p.m.

If you are an Elder or handicapped person, live in Districts I, II, IIA, III, or the Twin Cities, and are unable to travel to your distribution site, please call the contact person below to make arrangements for your check to be delivered to you on April 5, 2012.

- District I: Kathy Heyer, 320-532-7472 or Jana Sam, 320-532-7466
- District II: Renee Moore, 218-768-3311 or 877-768-3311
- District IIA: Carmen Green, 320-676-1102 or 877-676-1299
- District III: Michelle Peer, 320-384-6240 or 877-884-6240
- Urban Office: Barb Benjamin-Robertson, 612-872-1424

Your check pick-up site will be at the following centers, depending on where you live:

Mille Lacs Government Center:

For Band members living in Aitkin, Brainerd, Garrison, Hillman, Milaca, Onamia, Pierz and Wahkon.

East Lake Community Center:

For Band members living in McGregor.

Isle Chiminising Community Center:

For Band members living in Isle.

Lake Lena Community Center:

For Band members living in Askov, Braham, Brook Park,

Danbury, Finlayson, Grasston, Hayward, Hertel, Hinckley, Markville, Moose Lake, Mora, Pine City, Rush City, Rutledge, Sandstone, Siren, Sturgeon Lake, Webb Lake, Webster, and Willow River.

Urban Office:

For Band members living in Andover, Anoka, Apply Valley, Arlington, Blaine, Bloomington, Brooklyn Center, Brooklyn Park, Burnsville, Champlin, Columbia Heights, Coon Rapids, Crystal, Eagan, Eden Prairie, Edina, Fridley, Golden Valley, Ham Lake, Hilltop, Hopkins, Inver Grove Heights, Lakeville, Lauderdale, Little Canada, Maple Grove, Maplewood, Minneapolis, Minnetonka, Mounds View, Newport, New Brighton, New Hope, Oakdale, Plymouth, Ramsey, Richfield, Robbinsdale, Roseville, Savage, Spring Lake Park, St. Anthony, South St. Paul, St. Louis Park, St. Paul, Wayzata, and Woodbury.

For all Band members who do not live in the towns/cities listed above, per capita checks will be at the Mille Lacs Government Center unless you make arrangements for pick-up at one of the other districts. To make arrangements, call the contact people listed earlier under "Pick-up locations."

The deadline for changing your pick-up site is at noon on April 2, 2012. Any changes made after this time will not be valid. Call Kathy Heyer at 320-532-7472 or Jana Sam at 320-532-7466 to verify your change. There will be no exceptions.

Checks by certified mail

Those who can't pick up their checks on April 5, 2012, will have their checks sent out by certified mail April 6, 2012, to the address listed with the Tribal Enrollments Office. If you do not receive your check by April 19, 2012, contact Kathy Heyer at 320-532-7472 or Jana Sam at 320-532-7466.

Address and name changes

If your address or name has changed since the last per capita distribution, it is very important that you send your information to the Enrollments Office. The deadline for address and name changes is noon on

March 28, 2012. There will be no exceptions.

All returned checks will be held at the government center and will not be sent out again until the Enrollments Office has received your updated address or name information.

Other important information

- You must show a picture identification to receive your per capita check.
- Per capita checks will only be given to the enrolled Band member to whom the check is issued. There will be no exceptions.
- Per capita checks will be used to pay delinquent Band loans, discretionary loans, Emergency Services loans or Mille Lacs Band Court of Central Jurisdiction fines if they have not been paid. For loan status, call Pam Boyd at 320-532-7467. For court fines status, call Gilda Burr at 320-532-7401. For emergency services status, call Richard John at 320-532-2552.
- Per capita checks are taxable; therefore, all Band members who receive a per capita check should report it as income in the year received. You will receive a 1099-MISC form to remind you of how much income you should report on your tax return. Per capita checks should be reported on a Form 1040 as Other Income not subject to self-employment tax. All future 2012 per capita checks will have federal income tax withheld as the amount of the per capita checks now exceeds the IRS required withholding limits for 2012.
- If you are receiving public assistance from the county, please contact your caseworker because the per capita distribution may affect the amount you receive. If, based on discussions with your caseworker, you wish to decline receipt of your per capita check(s), please contact Kathy Heyer in the OMB Office at 320-532-7472 to get a per capita declination form.

Community Strategic Planning Meetings

In conjunction with upcoming district community meetings, the Mille Lacs Band of Ojibwe Executive Branch is returning to the community to conduct follow-up strategic planning sessions in each district.

All sessions are scheduled for 5:30-8:30 p.m. on the following dates.

- **District I, Mille Lacs**
Thursday, March 15,
District I Community Center
- **District III, Lake Lena**
Wednesday, March 21,
Aazhoomog Community Center
- **District IIA, Isle**
Wednesday, March 28,
Chiminising Community Center
- **District II, East Lake**
Thursday, March 29,
East Lake Community Center

Dinner will be served and door prizes will be available. Enter your name for the grand prize – a flat-screen TV – to be held in a final drawing on April 4, 2012.

Questions can be directed to the Administration Department at 320-532-7478.

Arctic Blast Benefits Boys and Girls Club

The Mille Lacs Band and the Minnesota Vikings teamed up for the 17th annual Arctic Blast Snowmobile Rally at Mille Lacs Lake on February 11-12.

During Arctic Blast, the Band and the Vikings hosted a pancake breakfast to raise money for the Mille Lacs Band Boys and Girls Club. Activities during the pancake breakfast included autographs and pictures with current and former Vikings' players, visits from the Vikings' cheerleaders and mascot, inflatable interactive games, football games, face painting, and prize drawings.

The Vikings alumni visited the District I Assisted Living Unit to raise money for Wisdom Steps on February 10.

Circle of Health Changes

By Circle of Health staff

Circle of Health is now a part of the Administration Department. (The program was formerly under the Health and Human Services Department.) This transfer will allow Circle of Health and the Human Resources Department (part of the Administration Department) to work closely together to administer the Mille Lacs Community Tribal Plan.

The Mille Lacs Community Tribal Plan is a sub-group that will be administered in coordination with Circle of Health. There are still many challenges in front of us, including determining the fiscal responsibility of such a group in addition to Circle of Health costs.

Band members will move into this sub-group in phases to ensure that cost savings are incorporated as people sign up. We are pleased to announce that Phase I and Phase II will be effective on April 1.

Band members who have a current Mille Lacs Band COBRA plan from the tribal government or Grand Casinos will be a part of the first phase. Band members who have a private insurance plan in Minnesota only (e.g., Blue Cross Blue Shield, HealthPartners, etc.) will be a part of the second phase. This does not include high-risk groups such as Minnesota Comprehensive Health Association (MCHA) or any other state plans.

We appreciate your patience as we incorporate the new plan. The most important thing to

remember as we enroll Band members is that you must already have health coverage in place to move into this sub-group. Band members must request a certificate of coverage, along with enrollment forms, to be accepted into the sub-group.

To receive and complete the required paperwork, contact Dawn Chosa, the Human Resources benefits coordinator, at 320-532-7477 (800-709-6445) or Carol Hernandez, Circle of Health director, at 320-676-8214 (800-491-6106).

Due to Circle of Health's changing policies, COBRA and individual plans will no longer be covered. It is in the best interest of each affected Band member to initiate his or her enrollment in the Mille Lacs Community Tribal Plan. Letters with more information will be sent to Band members who are affected by the change. Also look for more information in future issues of the *Inajimowin*.

Circle of Health surveys

Circle of Health will also send surveys to Band members requesting input on Circle of Health initiatives. Band members are encouraged to fill them out and return them.

The input received from Band members will help Circle of Health better evaluate how to contain costs as we initiate the Mille Lacs Community Tribal Plan. Circle of Health staff are expected to reveal the results of this survey at the June community meetings in each district.

maximum loan; however loan balances must be paid in full before a new application can be processed. The only exception to this policy is an unforeseen medical or funeral emergency.

Emergency Services Department Loan Policies

By The Emergency Services Department

Emergency loans are available for Mille Lacs Band members who have encountered an unforeseen emergency beyond their control. Eligible applicants can borrow up to \$750 as a

Free Winter Carnival on March 14

By Bugs Haskin, Nay Ah Shing School activities director

The Nay Ah Shing School and Mille Lacs Band Boys & Girls Club are hosting a free winter carnival at the Upper School gymnasium on Wednesday, March 14, from 6-9 p.m.

Everyone is welcome to attend the carnival, which will feature concessions and activities such as karaoke, dodgeball, a bungee run, and an obstacle course provided by Kid Again Inflatable Fun Shows.

Department of Labor Updates

By Deb Campbell, Department of Labor lead instructor

Free online knowledge worker course at Central Lakes College

Central Lakes College is offering a free online knowledge worker class to those who want to develop workforce skills. The first two hours of the course will be held at the Mille Lacs Band Department of Labor computer lab on Wednesday, March 7, from 8:30-10:30 a.m.

The remaining 14 hours of the course are web-based and will include a combination of online discussions, course research, and independent study. Some of the themes that will be covered include an introduction to online learning, career pathways, and innovation and technology in the workplace.

The grant-funded course is free for all students. To be eligible for this course, students should have some basic computer skills and Internet access. Registration forms are available at the Department of Labor office. For more information, contact Deb Campbell at 320-532-7811 or 800-922-4457.

Free driver's education classes in March

The Department of Labor is offering free driver's education classes to adults age 18 and older who need to take the written portion of the driver's test. The classes will be three hours each on March 13, 20 and 22 from 9 a.m.-noon in the District I Department of Labor classroom.

The nine-hour course will cover the information needed to pass the written driver's test. The course is open to those who have never taken the written driver's test and those who are eligible to retake the written driver's test. Class size is limited, and participants must meet program eligibility.

After completing the three-day, nine-hour course, the Department of Labor will provide transportation to the driver's license exam center in Brainerd to take the written exam.

To pre-register and complete an application, visit the Department of Labor offices in

District I or call 320-532-4741 or 800-922-4457.

GED exam offered at Mille Lacs Tribal College

The Mille Lacs Band's Department of Labor and Tribal College are facilitating an official GED exam at the Mille Lacs Tribal College from 10:30 a.m.-4 p.m. on April 13 and 20 and August 10 and 17.

The GED exam is a series of five subject area tests. A new edition of the GED exam will be released in January 2014. This means that test takers will need to pass all five subject area tests before 2014, otherwise test takers will be required to retake the entire GED exam.

Test takers who are on track to complete the current edition of the GED should be mindful of the time constraints, register early, and prepare in advance.

The series of tests costs \$60 per person. If you are retaking individual tests, each test costs \$12. If an agency is funding your GED exam, the series of tests costs \$100 and each individual test costs \$20.

To register for the GED exam, contact Melissa Lupinek, chief examiner, at 320-223-3826 or 763-689-6230.

Department of Labor classroom hours

The Department of Labor offers classroom hours in each district for Band members who would like assistance with resumes, cover letter writing, online job searches, computer skills, and GED exam preparation. Following are the weekly classroom hours in each district:

District I Department of Labor classroom

- Mondays, Thursdays and Fridays from 9 a.m.-5 p.m.
- Tuesdays from 1-5 p.m.
- Wednesdays from 9 a.m.-8 p.m.

District II East Lake modular

- Thursdays from 10 a.m.-3 p.m.

District IIIa Chiminising Center

- Tuesdays from 1-4:30 p.m.

District III Lake Lena Community Center

- Wednesdays from 10 a.m.-3 p.m.

Public Health Department Updates

East Lake health fair

By Mary Mercado, District II RN

The East Lake Community Center is hosting a health fair on Thursday, April 5, from 9 a.m.-3 p.m. Health care providers from District I facilities will share their services and answer questions about health and wellness.

Door prizes, sample gifts, refreshments, and other information will be available for attendees. Local businesses such as schools, employers and clinics are also welcome to participate. Vendors interested in participating can contact Mary Mercado at 320-532-7775 or mary.mercado@millelacsband.com.

Seasonal affective disorder

Mid-winter months can cause seasonal affective disorder, which is a type of depression that tends to occur and recur when days are shorter.

Light exposure helps our brains determine when we need to be mentally and physically active or when we need to rest. That cycle can be thrown off during the winter.

Some signs of depression include having trouble sleeping or concentrating, feeling stressed, being irritable and dissatisfied, or not finding pleasure in the things that usually make you happy.

Sleep, exercise, and a proper diet often get disturbed by worries and stressors.

To overcome the winter blues, make sure you get enough light exposure by keeping shades open or taking a walk outside on a sunny day; exercise at least three times a week; and stick to a daily routine – especially sleep patterns. If these fixes don't help, talk to your doctor about other treatment options, such as medication, therapy, or a combination of both.

National Nutrition Month

By Kari DiGiovanni, RN

March is National Nutrition Month and this year's theme is "Get Your Plate in Shape." Here are some helpful tips to follow:

- Fill half of your plate with fresh fruits and vegetables
- Fill one-fourth of your plate with whole grains, such as bread, cereal, brown rice, wild rice, or pasta
- Fill one-fourth of your plate with protein, such as seafood,

nuts, beans, lean meats, poultry, or eggs

- Drink fat-free or low-fat milk
- Reduce sodium intake and calorie consumption from candy, soda and chips
- Increase food flavor using herbs and spices

For more information about healthy eating, contact the WIC program at 320-532-7776 or a registered dietitian at the Ne-Ia-Shing Clinic at 320-532-4163. You can also find more information online at www.eatright.org, www.kidseatright.org, or www.choosemyplate.gov.

Educational video

The Band's Gego Zagaswaaken "Don't Smoke" program recently released a video titled "A Forgotten Tradition: The Story of Tobacco on the Mille Lacs Reservation."

The educational video outlines the history of tobacco use on the reservation, illustrates how smoking has become a widespread problem, and provides hope for a healthier future.

The video encourages Band members to reflect on traditional Ojibwe tobacco use and teaches the harmful effects of commercial tobacco products.

To watch the full video online, visit www.millelacsband.com and look for the Band's Health and Human Services page.

Prescription drug abuse

By Kristy LeBlanc, prevention specialist manager

There is a common misconception about the dangers of prescription drug abuse. Many people believe that because a medication is prescribed by a doctor, it is safe and can't harm you. In reality, abusing these substances may result in addiction and other serious health problems.

Stimulant abuse can cause paranoia, dangerously high body temperatures, and an irregular heartbeat. Mixing medication with other drugs or alcohol can greatly increase the risk of death from accidental overdose.

If you know someone who is abusing prescription drugs, encourage them to get help through the Mille Lacs Band prevention program. Contact Kristy LeBlanc at 320-532-7776 for assessment and treatment options.

Boys & Girls Club Announcements

By Justin Beaulieu, Boys & Girls Club director

Seeking volunteers

The Mille Lacs Band Boys & Girls Club is looking for volunteers to help with its activities and programs in all districts. Community members interested in becoming a volunteer can download the application online at www.millelacsband.com/Page_BoysGirlsClub.aspx.

Members of the month

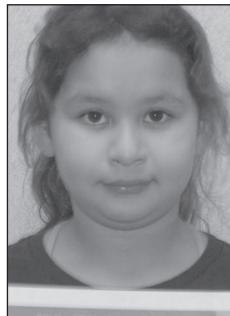
The Mille Lacs Band's Boys & Girls Club honored Band youth from each district as members of the month.

District I



Masceo Jackson

Masceo Jackson and Leoniece Ballinger were named the club's District I February members of the month.



Leoniece Ballinger

"Masceo and Leoniece were chosen for this honor because they arrive everyday with a positive attitude and display a willingness to participate and try new things," said Christina Clitso-Nayquonabe, District I Boys & Girls Club coordinator.

"I like coming to Boys & Girls Club for the activities and to get help with homework," said Masceo, a fifth-grader at Nay Ah Shing School.

"I like coming to Boys & Girls Club to play and have fun with other kids," said Leoniece, a second-grader at Nay Ah Shing School.

District II

Aaron Buckanaga, a junior at Minisinakwaang Leadership Academy, was selected as the club's District II February member of the month.



Aaron Buckanaga

Aaron likes drum, dance, boxing and

volunteering. He also likes being a member of the Band's Boys & Girls Club. He plans to attend college, become a chef, and own his own restaurant.

District IIa



Alejandra Merrill

Alejandra Merrill, a second-grader at Isle Elementary School, was chosen as the club's District IIa January member of the month.

"Alejandra is a very polite young lady who is always willing to participate in all of the activities," said Charlee Edwards, District IIa Boys & Girls Club coordinator. "She is at the top of the attendance chart and always comes with a smile on her face."

District III



Priscilla Shabaiash

Priscilla Shabaiash, a student at Hinckley Finlayson Elementary, was named the club's District III January co-member of the month.

"Priscilla was selected for this award because of her high attendance and participation in the reading, arts, running, smart kids, and power hour clubs," said Weylin Davis, District III Boys & Girls Club coordinator. "Priscilla also earned the 'star program award' for receiving the highest number of stars in January."



Jasmine Staples

Jasmine Staples, a seventh-grader at East Central Secondary School, was selected as the club's other co-member of the month.

"Jasmine received the award for her drive and motivation," said Weylin. "Jasmine has high attendance and participation in the running club as well as other activities and athletics."

Congratulations Masceo, Leoniece, Aaron, Alejandra, Priscilla and Jasmine!

Diabetes Program Updates

By Johanna Larson, Diabetes Program coordinator

Healthy Heart events

The Diabetes Program is hosting three Healthy Heart events in March. On Tuesday, March 20, the group will discuss diabetes conversation maps at the District III Community Center at noon. On Monday, March 26, the group will review heart disease and diets at the District IIa Community Center at noon. On Tuesday, March 27, traditional healer Herb Sam will speak on wellness at the District I Community Center at noon.

Family Meal Nights

The Diabetes Program's Family Meal Nights will continue on Thursday, March 22, at 5:30 p.m. at the District I Community Center. The night is geared toward people who are interested in learning healthy cooking tips, have questions about their child or grandchild's weight, or want to make a fun meal with their family.

The Family Meal Night will start with a fun physical activity for the kids while parents and grandparents discuss questions

or concerns about healthy lifestyles. Then, the group will cook a healthy meal together and eat it as a group.

Contact Johanna Larson, Diabetes Program coordinator, at 320-532-7790 if you have any questions.

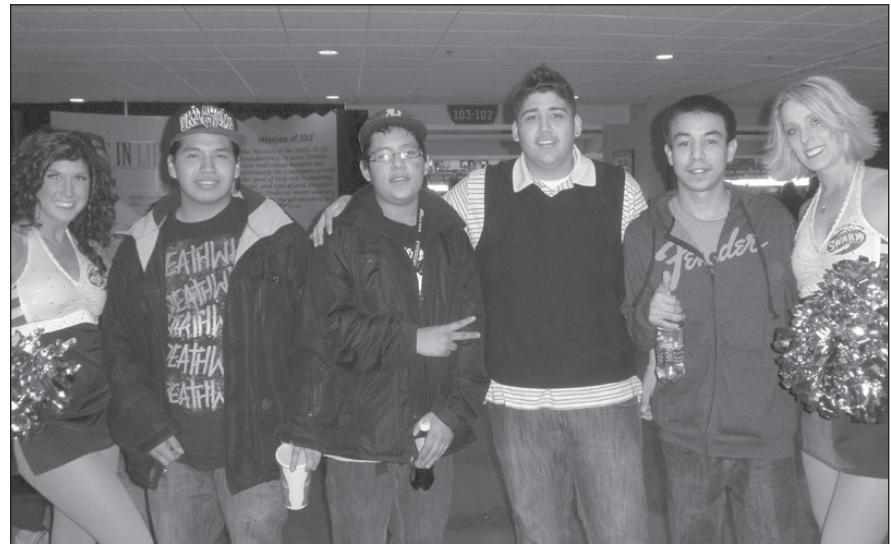
Diabetes Group Education Classes

The Diabetes Program is partnering with Grand Casino Mille Lacs to host free diabetes classes for interested Band members and casino Associates. The first class will be held on Thursday, March 8, from 9-11 a.m. in the teamwork room at Grand Casino Mille Lacs. A follow-up class will be held on Thursday, March 22, at the same location.

The diabetes classes are geared toward people who have recently been diagnosed with diabetes or pre-diabetes, have not had previous diabetes education, or need a refresher course on anything related to diabetes.

If you have any questions, contact Diabetes Program coordinator Johanna Larson at 320-532-7790.

District II Youth Attend Swarm Lacrosse Game



Wug Killspotted, Algin Goodsky, Vito Buckanaga, and Dylan Aubid attended the Swarm Lacrosse home opener on January 28 at the Xcel Energy Center. The Swarm also celebrated Native American Heritage Night. Members from Fond du Lac, Prairie Island, and the Oneida Nation played the original game of Lacrosse during half time.

Empower Yourselves to Prevent Diabetes and Complications

By Don Eubanks, Commissioner of Health and Human Services

Anyone with diabetes will likely tell you it's nothing you want to have. But the people who have lived productive, healthy lives with diabetes might also tell you that you can still have a good quality of life. The most important key to that quality of life is to make informed decisions about diet, exercise, and other life choices.

The Mille Lacs Band's diabetes program can help you make informed decisions through education on preventing the onset of diabetes and the many complications that can come with diabetes. I encourage everyone who has diabetes or pre-diabetes themselves or someone with diabetes, pre-diabetes, or a history of diabetes in their families to utilize the opportunities provided by the diabetes team.

These educational opportunities include monthly family meal nights with hands-on tips for preparing nutritious meals, regular diabetes group classes, personal meetings with dietitians and fitness professionals, and a variety of other events where you can learn how to maintain healthy blood sugar levels and overall wellbeing. Going to one meeting or event is a good start, but then make these opportunities part of your monthly routine.

What you learn through the diabetes program and through your own research is crucial to preventing diabetes and its complications, because you need to be knowledgeable before you can take action to protect your own health.

Once you are educated, it's time to focus on preventive measures on a daily basis. This will be difficult but worth the effort. By eating well, exercising, maintaining a healthy weight, not smoking, and seeing your doctor regularly, you can reduce your risk of developing the other health problems associated with diabetes.

People with diabetes who don't take good care of themselves have the highest risk of kidney failure, blindness, and amputations. People with diabetes and pre-diabetes are also more likely to have or develop high blood pressure, high cholesterol levels, and heart disease.

We cannot control our genetics. But we can control the choices we make.

For more information about diabetes program offerings in Districts I, II and III, please call Johanna Larson, Diabetes Program coordinator, at 320-532-7790. We are expanding efforts in the outer communities to better serve Band members.

Veterans Services Available

Veteran health care services are now available at the Ne-la-Shing Clinic on the third Tuesday of each month from 9 a.m.-3p.m. The services include preventative health screenings for medical and mental health conditions, immunizations, health behavior counseling, medications, and chronic disease management.

Referrals to the Saint Cloud Veterans Affairs (VA) Health Care System or surrounding clinics with VA services are also available to Mille Lacs Band veterans who require additional services.

Veterans enrolled in VA health care can contact 800-247-1739, ext. 6041, to schedule an appointment at the

Ne-la-Shing Clinic. An appointment is recommended, but not required.

Veterans who are not enrolled can complete an application at the clinic with VA staff during the specified service hours. Otherwise veterans may contact a metro tribal veteran service officer at 888-546-5838, their county veteran service officer, or the St. Cloud VA eligibility office at 320-255-6340 about their eligibility.

All veterans are encouraged to apply for enrollment in the VA health care system. Each veteran's eligibility is unique and determined upon application.

Heating, Water, and Home-Related Maintenance Problems

If you live in a Mille Lacs Band Housing-maintained home, call for housing maintenance service in your district. During regular business hours, please call our customer service representative at 800-709-6445, ext. 7799. If you live in a home not maintained by the Mille Lacs Band and need assistance after hours with utilities or heating, please call 866-822-8538. Press 1, 2 or 3 for your respective district.

Spaces Available at Mille Lacs Tribal College

By Camille Naslund, Mille Lacs Tribal College director of higher education

The Mille Lacs Tribal College higher education office invites Mille Lacs Band members interested in taking higher education courses to visit the school and meet the staff.

Current and prospective students interested in applying for FAFSA, scholarships, or college admission can visit the higher education office on March 6 and 20 and April 3 and 17 (all Tuesdays).

The Mille Lacs Tribal College – in collaboration with Central Lakes College – provides an opportunity for Band members to take liberal arts courses and earn an associate in arts degree. Classes are offered during late afternoons, evenings and weekends to accommodate students with differing schedules and lifestyles.

Mille Lacs Band member Rachel Shaugobay recently completed her associate degree in liberal arts from the Mille Lacs Tribal College. As a full-time employee at the Band's Department of Natural Resources, mother of two, and first-time college student, Rachel benefited from the school's flexible course schedule.

"The staff was really supportive and made it a priority to get to know each student on a personal basis," said Rachel Shaugobay, administrative assistant in the Band's DNR. "They were able to work around my busy schedule and let me work at my own pace."

Rachel plans to earn a bachelor's degree and is currently researching different programs at the College of St. Scholastica in Duluth.

To learn more about the Mille Lacs Tribal College, contact the college's office of higher education at 320-495-3702.

Mille Lacs Band Housing Department Changes Maintenance Services

By Housing Department staff

The Housing Department would like to clarify a few changes that we have made recently.

As our tenants are aware, the Housing Department adheres to the Mille Lacs Band Housing Policies that have been approved by the Housing Board and ratified by the Band Assembly. Based on these policies, we have been issuing lease violations and billing tenants for damages they cause per the lease agreement that each tenant signs with the department.

As the demand for our maintenance services has risen due to an increase in Band rental homes and the Elder population in the service area, we have started being more reactive to maintenance issues instead of proactive. Daily work orders come in on a consistent basis, and it can take

up to 400 man hours to prepare a rental property for the next tenant. This puts a tremendous strain on our department as we work to maintain and renovate Band-owned property.

As a result, the Housing Department has made some changes to the services and products it will provide. For example, the department will no longer provide washers and dryers, water softener filters, and light bulbs. Tenants who have washers and dryers will be responsible for maintaining, repairing and/or replacing them.

The maintenance department will continue to provide and maintain essential appliances, such as stoves and refrigerators.

Per the rental lease agreement, snow removal and yard maintenance are the responsibilities of the tenant. However, we will continue to

plow the driveways of Elders and disabled Band members.

From November 1-March 31, the Housing Department also provides emergency maintenance services to Band members in our service area who own their own homes. The Housing Department can help fix furnace, sewer or electrical failures; frozen water lines; and broken windows. Band members will be billed for these services when the work is completed. Hotel rooms and food are not provided as a part of the emergency service.

We apologize for any inconvenience these changes may cause and appreciate your continued support as we work to increase the accountability of our staff and our tenants.

Please contact Richard Hill, Housing Department general manager, at 320-532-7415 with any questions or concerns.

Tribal Noteboard

Happy March birthday:

Kelly, on March 14 with love from your family • **Dominic**, on March 27 from the Sam, Gahbow, Sablan and Crawford families • **Darrian**, 18, on March 8 with love from Mom, Dad and your sisters • **Gaylyn**, 17, on March 17 with love from Mom, Dad, and your sisters • **Willow Thomas**, 8, on March 24 with love from Mom, Dad, and your sisters • **Nessy Bear**, 9, on March 23 with love from Mom, Dad, sisters, cousins, Grandma and uncle • **Chevyo**, 3, with love from Mom and Dad • **Sheila**, from Chiefy, Ed, and Chevyo • **Terry Smith**, on March 12 from the Garbow and Smith families, and Gushy and family • **Gushy**, on March 22 from the Garbow and Smith families, June, all the kids and grandkids, brothers and sisters • **Desi**, on March 29 from the Garbow and Smith families • **Bev G.**, on March 30 from the Garbow and Smith families, and Gushy and family • **Craig**, on March 30 from Mom, Dad, Tiff, Tori, Woodsky, and Animoosh • **Leroy**, 6, on March 1 from Grandma and Grandpa Smith, Lydia and family, Mom, Dad, Keith, Sebastian, Elliot, Ethan, Jasmine, Tyrese, and Uncle Man • **Hunter**, 12, on March 2 from Grandma and Grandpa Smith, Mom, Dad, Sam, Dan, Elvis, Amber, Sunshine, Dan, Court, Grandpa Chuck, Liz, Dylan, Dylan Jr., Leroy, Malroei, Elliot, Ethan, Jasmine, Tyrese, Keith, Sebastian, and Uncle Man • **Keith**, 22, on March 13 from Grandma and Grandpa Smith, Mom, Dad, the kids, Aunt Lydia and family, Uncle Elliot and family, Uncle Manny and Jillian • **Uncle Nat**, with love from Mom, Ron, Chey, Sam, Meech, Jason, Lala and Shayshay • **Donny**, 11, on March 10 with love from Mary, Selena, Dante, Maysun, Shawsha, Soul, Daymon, Grandma Vera, DeaLayna, Stone, Franny, Danielle, Derek, Mom, Dad, Sheila, Joey, Simone, Jeannette, Jim, and Bruce • **Mary**, 28, on March 28 with love from Selena, Dante, Maysun, Shawsha, Soul, Day, Fronco, Mom, DeaLayna, Stone, Danielle, Franny, Derek, Simone, Joey, Sheila, Donny, Rachel, Joe, Jim, Jeannette, and Bruce • **Marissa Robertson**, on March 28 from Mary, Selena, Dante, Maysun Jr., Shawsha, Soul, Daymon, Donny, Sheila, and Joey • **Barrett Garbow**, 29, on March 2 from Chey Sr., Jordan, Chey Jr., Romeo, Jason, Brook, Baby Bear, and Erica • **Roy "Knute" Sam**, on March 12 with love from Molly and Scott Judkins, and Barbara Jo • **Sami Thomas**, on March 12 with love from Molly and Scott

Judkins and Barbara Jo • **Nae Shotz**, on March 12 with love from Gram AA, Karen, Brad, Valerie, Mariah, Kevin, Tracy, Marvis, Shelby, Max Dean, Jake, Jamie, Aiva, Marky, DeBreanna, Emery, Nicole, Jameson, Cordell, Lil Chris, Sharon, Wally, Rave, Melodie, Bruce, Jayla, Lili, Brad Eric, Kristy, Peyton, Braelyn, Eric, Wesley, Randi, Rachel, Waylon, Jay, Katie, Taylor, and Adam • **Jayla**, on March 18 with love from dad, Lili, Papa Brad, Gram AA, Karen, Valerie, Mariah, Kevin, Tracy, Marvis, Shelby, Max Dean, Jake, Jamie, Aiva, Marky, DeBreanna, Emery, Nicole, Chris, Jameson, Cordell, Lil Chris, Sharon, Wally, Rave, Melodie, Brad Eric, Kristy, Peyton, Braelyn, Eric, Wesley, Randi, Rachel, Waylon, Jay, Katie, Taylor, and Adam • **Dude**, on March 19 with love from your sisters and brothers • **Eyrah James Churchill**, on March 11 with love from Aunt Bernida, Uncle Howard, Marisa, Tristen, Kiersen, and Ealen • **Kella Churchill**, on March 16 with love from Aunt Bernida, Uncle Howard, Marisa, Tristen, Kiersen, and Ealen • **Tommy Mattinas**, on March 22 with love from Aunt Bernida, Uncle Howard, Marisa, Tristen, Kiersen, and Ealen • **Justin Churchill**, on March 30 with love from Aunt Bernida, Uncle Howard, Marisa, Tristen, Kiersen, and Ealen • **Jayden and Jordan Sayers**, 3, March 3 with love from Grandma Sami, Dad, Aunt Chilah, Little Willie, Dezy, Xaviar, Auntie Bebo, Jamin, Dayana, David, Drystin, Auntie Barb, and all your family in D2A • **Charles Chazzy Connors Jr.**, 6, on March 28 with love from Mom, Grandma Judy, Grandpa Juice, Dayaunna, Morgan, Tanya, and Lillian • **"Scam" Boyd**, on March 18 with love from Mom, Dad and the girls • **Sissy Poo - Sharon**, on March 31 from Auntie Barb and all the cousins.

Happy March birthday to Mille Lacs Band Elders!

Ramona Applegate
Debra Barge
Nancy Bearheart
Cynthia Beaulieu
Marie Bengtson
Larry Benjamin
Laurie Benjamin
Randy Benjamin
Robert Benjamin
Joseph Budeese
Patricia Christofferson
Curtis Cody
James Dorr
Robert Dorr
Mary Flores
Terry Frye

Beverly Garbow
Cheryl Garbow
Virginia Goodman
Marie Gudim
Kathleen Hill
Leslie Karsjens
Sandra Kegg
Barbara LaBlanc
Lorelei LaFave
Mert Liebgott
Barbara Machen
Wanda Misquadace
Pauline Moose
Victoria Nichols
Larry Oswaldson
Marie Paschke
Marlene Poukka
George Premo
Douglas Sam
Fred Sam
Kathryn Sam
Roy Sam
Francis Schaaf
Susanna Schaaf
Russell Shabaash
Edward Skinaway Jr.
Merle Skinaway Jr.
David Smith Jr.
Terrance Smith
Gloria Starkey
Sharon Sutton
Sami Thomas
Robert Tibbets Jr.
Carol Towle
Marlene Wakanabo
Barbara White

Anniversary

Happy anniversary to **Jeff** on March 7 from **Nancy**.

Congratulations

Congratulations to **Mary Green and Robert Sam** for getting married on February 14 from **Papa Dale**.

• • •

Congratulations to **Andrew Miller** for receiving his bachelor's degree in music business from Full Sail University in Orlando, FL. We are proud of you from **Great-grandma Dorothy Olson, Grandma and Grandpa Don and Alice Olson, Mom, Dad and the rest of the family**.

• • •

Congratulations to Heather Virnig on the birth of her new baby boy. **Tyler William Virnig** was born on November 25, 2011 at Onamia Hospital. He weighed 8 lbs. and was 10.5 in. long.

• • •

Congratulations to **Jordan Buffalo** for passing your GED tests from **Tina Peet, District II East Lake PHITT**.

In memory

Little feet, little fingers, little ears and nose.
So precious, so innocent not yet knowing what life holds.
There's so much to learn, so much to see, so much to hear, and so much to discover.
Uncorrupted, undefined, no hate, no malice, no prejudice, no deception.
We were so loving, so enduring, so adoring, and so demanding.
Four years from now would have been the day of a joyous birthday.
We miss you, our child, our beloved first born.
Another day, another time, we shall be.
Dedicated to our angel baby Kiley Jayden Jones. Born/died on March 23, 2008.
From your loving parents Stacy and Mervel Jones.

Thank you

We would like to thank everyone for being with us during this difficult time. We would like to thank everyone for the plants, flowers, monetary and personal assistance. No words can ever express how much this has meant to us. Sandi Blake and her department for the assistance with the tobacco, hotel rooms, and use of the community center and so much more. Donald Graves for helping us find our mom a final resting place. The Sunshine Flower Shop for delivery of all the plants and flowers. Shelley Funeral Home for making our mom look so beautiful. OMB for the assistance. There are just so many to thank that we do not even know where to begin. Bea was a great wife, mother, grandmother, aunt, sister and friend. Just know that everything was very much appreciated.

From the Beatrice Mitchell family - Doreen, Debbie, Robert, Alan, Lori, Amy, Beth, 21 grandchildren and 25 great-grandchildren.

Obituaries

George LaFave Jr.

Born 1-14-1951
Died 1-22-2012
Lived in Hinckley, MN

Beatrice Mitchell

Born 6-26-1941
Died 2-7-2012
Lived in Onamia, MN

Ojibwe Culture and Traditions

Spring 2012 Ceremonial Dance Schedule

Merlin & Mick	Mille Lacs	April 6 & 7
Ralph & Andy	Mille Lacs	April 13 & 14
Lynda & Joyce	Mille Lacs	April 20 & 21
Dave & Skip	Lake Lena	April 27 & 28
Lee & Larry	Lake Lena	May 4 & 5
Elmer & AJ	Mille Lacs	May 11 & 12
Niib & Mushkoub	East Lake	May 18 & 19
Dale & Vince	East Lake	May 25 & 26
Joe & George	Mille Lacs	June 1 & 2
Melvin & Perry	Mille Lacs	June 8 & 9
Tim & Tom	East Lake	June 8 & 9

Moccasin Telegraph



Childhood Memories

By Rose Noonday, Mille Lacs Band Elder

I grew up in a big family. I had seven brothers and one sister. I was the second youngest. Now I'm the only one left.

I was born and raised in Isle. We all managed to live in a two-room house. I often wonder how we all were able to live in such a small house. It's a big difference from now and then.

But I was also gone a lot, gone away to an Indian boarding school for six years in Pipestone. We were all sent away to school, all except my sister, because she was smaller than the rest of us. I would come home in the summer and didn't remember a word in Ojibwe because we had to speak English at school. But Ojibwe would come back to me during the summertime, and I'd learn it all over again.

Me and my siblings were crazy! There were days when all of us kids used to play together. We used to push a big wheel up the hill, and then all get in and ride down. We could do that all day. We didn't have anything else to play with. The kids now want everything they see. I tell my great-grandchildren that when I was young, we didn't have anything, but look at all the toys you have now.

During my younger years, we didn't have much. When I would get a dime, I thought that was a lot of money. I always had to work. I think of all the work years ago, hauling water and firewood. Now you can just turn on the faucet or the heat.

In the summertime, I would go with my mom and aunt to pick berries of all kinds – Juneberries, raspberries, chokecherries, blueberries. My mom would can all that stuff, and sometimes we would sell it. In the fall, we would harvest wild rice. It was hard for me at first. My mother wanted me to guide her in the boat. I started out good, but I couldn't steer the boat and I kept going towards open water. But eventually I learned how after she told me how to go into the rice paddies. I thought that was fun, and it gave me something to do. Then when we got back, we would bring the rice in and dry it, then parch it, and then my dad and brothers would thrash it with their feet while me and my mother would fan it.

I learned a lot of stuff in my younger years. I used to go with my mom when she would pick roots for medicine. That was many years ago. Now I only remember what sage looks and smells like. Somebody taught me that raspberry root helps with pink eye. You clean it up and let it dry, then take a little bit and put it in warm water and let it dissolve, and then put it in the person's eye.

We were also taught some things not to do, like whistle at night, because when you whistle at night, you're calling spirits. I always listened to my parents when they told me things like that. One of my grandsons says he whistles at night, and I told him, "One of these days you're gonna hear something back when you whistle!"

Upcoming Mille Lacs Indian Museum Events

Kids craft workshops

Listen to museum staff read storybooks, enjoy light snacks, and learn how to weave a God's Eye to take home. This project is recommended for children eight years or older.

The workshop costs \$4 per kit and will be held on Saturday, March 3, from noon-3 p.m.

Applique beading workshop

Learn to bead using the applique method, in which beads are applied directly to material or buckskin. This two-day class will be held on Saturday, March 10, from noon-4 p.m. and Sunday, March 11, from 10 a.m.-2 p.m.

The workshop costs \$60 for the general public or \$55 for Minnesota Historical Society members.

members and Mille Lacs Band members, plus an additional \$15 supply fee.

Maple sap harvest workshop

Join museum staff to learn traditional and contemporary methods for harvesting and processing maple sap. Participants will observe the process of gathering maple sap and boiling it into syrup and sugar.

The workshop costs \$10 for the general public or \$7 for Minnesota Historical Society members and Mille Lacs Band members.

This event will be held on Saturday, March 24, from 10 a.m.-4 p.m.

Please call 320-532-3632 for more information.

New Online Ojibwe Dictionary Provides Audio and Cultural Context

The University of Minnesota recently completed work on a new online Ojibwe language dictionary with more than 10,000 Ojibwe words.

Because Ojibwe is historically an oral language, digital audio is embedded within each dictionary entry to enhance the learning experience. The dictionary also places the Ojibwe words in a broader Ojibwe cultural context by linking words to photos and documents in the Minnesota Historical Society collection.

There are several Ojibwe dialects, and each dialect differs from the others in details of pronunciation, vocabulary and grammar. Because Ojibwe is not a single standardized language, the dictionary features the voices of several fluent Ojibwe speakers who specialize in the different dialects.

Mille Lacs Band member Larry (Amik) Smallwood is one of the dictionary's featured voices. Larry has taught Ojibwe for almost 40 years at the Nay Ah Shing Schools, the University of Minnesota Duluth, Leech Lake Tribal College, Hannahville

Indian School, Lac Courte Oreilles Ojibwe School, and Minneapolis Public Schools. Since 1999, he has served as the director of language and culture for the Mille Lacs Band.

"It's crucial that we continue to teach the Ojibwe language. In the 1990's there were over two hundred first language speakers at Mille Lacs, and now there are around 65 first language speakers," Larry said. "This online dictionary provides teachers and students an easily accessible resource that they can use to help keep our language alive."

Additionally, an advisory council of Ojibwe speakers provided input and approval to the University of Minnesota on language and cultural content for the dictionary.

The dictionary, which was funded by a Legacy Fund grant, took nearly two years to complete. The University of Minnesota will continue to expand the dictionary with more Ojibwe words and supporting resources.

Check out the dictionary online at <http://ojibwe.lib.umn.edu>.

Calendar of Events

March 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
To Purchase Tickets Visit a Grand Casino box office, call TicketMaster at 800-745-3000, or visit www.ticketmaster.com	<i>If you would like an event included in the community calendar, please contact Kelly Sam at 651-292-8062 or write to Kelly at kelly@goffpublic.com</i>			1	2 Roger Hodgson Grand Casino Hinckley 8 p.m.	3 Kids Crafts Mille Lacs Indian Museum noon-3 p.m. Candidate Forum Chiminising Community Center 3-8 p.m.
4	5 Narcotics Anonymous Red Brick House 6-7 p.m. Every Monday	6 Onamia Indian Education Meeting Government Center Media Room Noon Contact: David Sam, 320-532-4901	7	8 District I Representative Candidate Forum All Nations Indian Church 5:30-9:30 p.m.	9	10 Applique Beading Workshop Mille Lacs Indian Museum noon-4 p.m. Candidate Forum District I Community Center 3-8 p.m.
11 Applique Beading Workshop Mille Lacs Indian Museum 10 a.m.-2 p.m.	12 Pine Grove Leadership Academy Meeting 5 p.m. Contact: Melanie Benjamin 320-384-7598 AMVETS Meeting Grand Casino Mille Lacs 6 p.m. Contact: Allen Weyaus 320-630-2988	13	14	15 All-District Elder Meeting East Lake ALU 11 a.m. Contact: Denise Sargent 320-532-7854 District I Community Meeting District I Community Center 5:30 p.m. Contact: Rachel Peirce 320-532-7423	16	17 Candidate Forum East Lake Community Center 3-8 p.m.
18	19 District II Leadership Academy School Board Meeting 4 p.m. Contact: Raina Killspotted 218-768-2345	20 District III Community Meeting Lake Lena Community Center 5:30 p.m. Contact: Katie Draper 320-384-6240	21	22 District II Community Meeting East Lake Community Center 5 p.m. Contact: Jenny Waugh 218-768-3311 Urban Area Community Meeting All Nations Indian Church 5:30 p.m. Contact: Lesley Sam 320-676-1102	23 All government offices close at noon for Treaty Day celebration	24 Candidate Forum Lake Lena Community Center 3-8 p.m. Vince Gill* Grand Casino Mille Lacs, 7 p.m. Maple Sap Harvest Workshop Mille Lacs Indian Museum 10 a.m.-4 p.m.
25	26	27	28 District IIA Community Meeting Chiminising Community Center 5:30 p.m. Contact: Lesley Sam 320-676-1102	29 Urban Area Community Meeting All Nations Indian Church 5:30 p.m. Contact: Barb Benjamin-Robertson 612-872-1424	30	31 Candidate Forum All Nations Indian Church 3-8 p.m. Kids Crafts Mille Lacs Indian Museum 11 a.m.-3 p.m.
April 1	2	3 2012 Elections: Primary Election (See page 3)	4	5	6	7

What Is Your Favorite Healthy Snack?

Julie Benjamin



"Cherry yogurt."

John Benjamin



"Granola bars."

Marie Gudim



"Fruit – any kind is good."

Jim Kalk



"Grapes, cheese and crackers, and wild rice with a little salt and pepper."

Carolyn Shaw



"Tortilla chips and salsa."

Shena Sawyer



"Yogurt and granola."

Jada Montano



"Fresh fruit salad."

Kim Big Bear



"A smoothie made with a banana, berries, orange juice and yogurt. It's delicious and nutritious!"

Photos courtesy of Kelly Sam

Band Member Receives Head Start Hero Award



Photo courtesy of Melissa Boyd

Mille Lacs Band member Melissa Boyd was recently named one of the state's 2012 Head Start Heroes by the Minnesota Head Start Association's Scholarships and Awards Committee.

In order to be considered for this award, applicants had to be nominated through a Head Start program and submit a personal story about how their Head Start experience helped them achieve personal or professional success.

As an early education parent and participant of the Band's Master Apprentice program, Melissa works with Elders to learn the Ojibwe language, culture and traditions and to develop and teach Ojibwe

curricula to early education students in District II.

Melissa was nominated for the prestigious award by Tammy Wickstrom, Mille Lacs early education program director.

"It is a blessing to have a young parent who is so passionate about teaching the Ojibwe language and connecting the Band's youth to the culture. Having a Head Start Hero in our community is a real honor," Tammy said.

Though Melissa is not an early education staff member, she is working with the staff to obtain funding to run the first Ojibwe language immersion classroom at the new early education building in District I.

Melissa will be honored at an award ceremony on Wednesday, March 14, in Roseville and her story will be published in the 2012 Head Start Heroes booklet.

"Being recognized as a Head Start Hero reinforces the work we do to make a positive impact on the children in our community by teaching them about their Anishinaabe identity," said Melissa.

Congratulations Melissa!

Health and Human Services Updates

Band seeking cardiology and gastroenterology specialists

The Band plans to hire specialists in cardiology and gastroenterology to serve patients in all three reservation districts. The cardiologist will diagnose and treat heart disorders, while the gastroenterologist will diagnose and treat digestive system disorders.

"Having experts in these specialties will really enhance our clinics' in-house capabilities," said Dr. Salina Rizvi, the Band's health director. "These specialists will see general patients with heart and digestive issues, as well as diabetes patients with complications in those areas."

Offering cardiology and gastroenterology services will benefit Band members in many ways, including reducing their travel time to specialist appointments.

Behavioral health services expanding

The Band is in the process of expanding its chemical dependency and mental health offerings. More services will be provided at the clinics to identify and treat the underlying issues that are creating problems for patients, which will reduce the

need for some patients to visit the behavioral health department.

"The Band's clinics will now take a more holistic approach to providing care," said Health and Human Services Commissioner Don Eubanks. "Through screening or other observations, a provider makes an initial assessment that a client 'might' be dealing with a mental health issue on top of his or her other health care needs. Having a behavioral health specialist on board will allow the provider to refer the client to the behavioral health person who will make a further assessment that determines if that person can be treated in the clinic (probably a low-level need like slight depression or restlessness), or if that person needs further in-depth help where they would be referred to our regular behavioral health department."

The clinics will then refer clients who need additional follow-up to the behavioral health department.

Please note: Current behavioral health patients will continue to work directly with the behavioral health department.

OJIBWE INAAJIMOWIN

April 2012

"The story as it's told."

Volume 14 • Number 4

Traditional Powwow Committee Elects New Officers



Kim Sam (left) and Carla Big Bear (right) were recently elected to chair the Mille Lacs Band's powwow committee. This year's powwow will be held August 17-19.

In March new officers were elected to the Mille Lacs Band's powwow committee, which is in charge of planning the Band's 46th annual traditional powwow.

The new executive committee officers are co-chairs Carla Big Bear and Kim Sam and secretary Molly Judkins. Cyrilla Bauer, the only returning officer, will resume her duties as the committee's treasurer. Dorothy Sam is the Elder/spiritual advisor, which is a lifetime appointment.

Newly elected co-chair Carla has worked at the event's registration table for several years. She accepted her nomination because it is her

last opportunity to serve as an officer before she goes to law school.

"My goal for this year's powwow is to see it run as smoothly as it has in years past," said Carla.

The next committee planning meeting is Tuesday, April 10, at 5:30 p.m. in the Mille Lacs Band Government Center's upstairs media room. The committee is looking for volunteers to help plan and work shifts during the powwow, which is scheduled for August 17-19.

Band members interested in volunteering at the powwow can contact Carla at 320-532-7517.

Photo courtesy of Carla Big Bear

Gaming Expansion Bills Stalled in Legislature

By Jamie Edwards, director of government relations

Gaming expansion discussions have heated up recently in the Minnesota Legislature. In March, Senate committees heard bills related to both electronic pull tabs and racinos (slot machines at the state's horse tracks). While the bills have not advanced through either committee, the threat to the Mille Lacs Band and Grand Casinos will continue to exist for the remainder of this session and beyond.

Chief Executive Marge Anderson, Secretary/Treasurer Curt Kalk, and other Mille Lacs Band officials have been working to educate legislators about the impacts gaming expansion would have on the Mille Lacs Band, Grand Casinos, and East Central Minnesota.

Electronic pull tabs

Governor Mark Dayton and the Minnesota Vikings announced a deal in March to build a new \$975 million stadium for the football team in Minneapolis. The state would fund its \$398 million portion of the stadium's cost through electronic pull tabs.

The bill was heard in the Minnesota Senate Committee on Local Government and Elections. After nearly two hours of testimony both for and against the new stadium, the committee decided to resume testimony at a future date.

Some legislators and other state officials disagree with the Governor's belief that funding from electronic pull tabs alone would be sufficient. Minnesota Revenue Commissioner Myron Frans said that the state may

need a backup funding stream if electronic pull tabs produce less revenue than expected. Racinos and a Block E casino have been discussed as possible sources of backup funding.

Technically the deadline for the stadium bill to pass its first committee has passed, but exceptions can be made to this process. Therefore it would be more difficult, but not impossible, for this bill to advance. The Minneapolis City Council would also need to approve the deal.

Racinos

Legislation allowing slot machines at the state's horse tracks was introduced as a way to fund economic development (such as a new Vikings stadium) and pay back the state's debt to public schools. The state borrowed money from public schools to solve the budget deficit last year.

The Minnesota Senate Committee on State Government Innovation and Veterans heard racino legislation in March and voted 8-5 against allowing slot machines at the Canterbury Park and Running Aces horse tracks to fund economic development. This defeat makes it more difficult for this legislation to make it through the full Legislature this session.

However, the Senate Committee on Education heard a different racino bill a few days later that would use revenue from slot machines at the state's horse tracks to pay back the state's debt to public schools. The committee did not vote on the bill but the fact that a second hearing was called after racino failed 8-5 a few days earlier is troubling.

The Newspaper of the Mille Lacs Band

OJIBWE INAAJIMOWIN

"The story as it's told."



Kelly Sam, Editor

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Please provide news tips and other information by the 15th of the previous month.



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Primary Election Day Polling Places

**Polling places open from 8 a.m.-8 p.m. on
Tuesday, April 3**

- District I Community Center
- East Lake Community Center
- Isle Chiminising Community Center
- Lake Lena Community Center
- All Nations Indian Church – 1513 E. 23rd Street, Minneapolis

2012 Election Calendar

Provided by the Minnesota Chippewa Tribe

- April 3: Primary Election.
- April 4: General Reservation Election Board certifies Primary Results.
- April 5: General Reservation Election Board publishes Primary Results.
- April 6: Deadline for Request for Recount.
- April 10: 4:30 p.m. – Deadline for Contest of Primary Election.
- April 11: (Results if allowed or 9th or 10th if earlier request). Decision on Request for Recount and Results of Recount.
- April 20: Deadline for Decision on Contest.
- April 23: Deadline for Appeal to Court of Election Appeals.
- April 26: Record of Contest to Court of Election Appeals.
- April 30: Last Day for Hearing on Appeal.
- May 10: Last Day for Decision on Appeal.
- May 11: Notice of Regular Election. TEC provides ballots.
- June 12: General Election.
- June 13: General Reservation Election Board certifies Election Results.
- June 14: General Reservation Election Board publishes Election Results.
- June 15: Deadline for Request for Recount.
- June 19: 4:30 p.m. – Deadline for Notice of Contest.
- June 20 (or 18th or 19th if Request for Recount is filed before deadline): Decision on Request for Recount and Results of Recount, if allowed.
- June 29 (or ten days from Notice of Contest, whichever is sooner): Deadline for Decision on Contest.
- July 3: Deadline for Appeal to Court of Election Appeals.
- July 6: Record of Contest forwarded to Court of Election Appeals.
- July 10: Last Day for Hearing on Appeal (hearing within seven days notice of appeal).
- July 17: Winning candidates assume office by operation of law, unless sooner seated, or the election is subject of appeal to the Court of Election Appeals.
- Ten days from Hearing on Appeal: Deadline for decision of the Court of Elections Appeal.
- Day following Decision of Appeal: Winning candidate prevailing on appeal takes office.

Community Cleanups Scheduled in All Districts

By Brian Scheinost, director of public works

The Mille Lacs Band public works department has scheduled spring cleanups for each district during April and May. The cleanups will be held from 8:30 a.m.-4:30 p.m. on Monday-Friday, and 9 a.m.-4 p.m. on Saturday and Sunday.

Dumpsters will be available at the following dates and locations. The dumpsters are located in areas that can be monitored.

- District I (Vineland): Saturday, April 21-Friday, April 27. All dumpsters will be located at the Mille Lacs Band Transfer Station.
- District II (East Lake, McGregor, Minnewawa, Sandy Lake, and Isle): Saturday, May 5-Friday, May 11. Dumpsters will be placed at the East Lake maintenance facility for District II and the

Isle Community Center for District IIa.

- District III (Lake Lena and Hinckley): Saturday, April 28-Friday, May 4. Dumpsters will be placed at the earthworks building located on Hwy 48, two miles east of Grand Casino Hinckley, and at the maintenance building across from the Lake Lena Community Center.

Band Elders will receive free curbside pickup for their cleanup items. Elders must call the public works office at 320-532-7433 by Friday, April 13, to be placed on the pickup list. People receiving curbside pickup must leave their piles at the end of their driveways.

Contact public works at 320-532-7433 with questions or concerns about the 2012 spring cleanup.

Lake Lena Youth Build Kestrel Nest Boxes



Photo courtesy of Sarah Barten

Provided by Grand Casino Hinckley

The District III Community Center was a site for a wildlife restoration project in partnership with Grand Casino Hinckley's Grand National Golf Club and Audubon Minnesota. On January 21, District III youth spent the day building 15 American Kestrel nest boxes.

The American Kestrel is the smallest and most colorful falcon. Found throughout North America, this valuable insect and rodent predator was once quite common. Numbers have declined significantly throughout the U.S. over the past decade due to a shortage of nest sites. The American Kestrel is the only falcon that

nests primarily in tree cavities, such as old woodpecker holes.

The materials for the nests were donated by Audubon Minnesota and will be placed in areas including the Brainerd lakes area, Lake Lena, and the Grand National Golf Course in Hinckley.

Grand National Golf Club has a history of wildlife preservation efforts. More than 20 of its 170 acres are dedicated to natural habitats, which feature native grasses, ponds, marshes, and creeks where ground-nesting birds and small animals live. Grand National has also built and installed mallard nests, purple martin houses, bluebird houses, wood duck habitats, and chimney swift towers.

Dennis Olson Appointed to State Education Board



Governor Mark Dayton appointed Mille Lacs Band Commissioner of Education Dennis Olson to the Minnesota Academic Excellence Foundation (MAEF) board in March.

MAEF is a nonprofit organization that promotes academic excellence in Minnesota schools through partnerships between the public and private sectors. The foundation collaborates with business, education and community leaders to identify and promote excellence in education and growth in Minnesota student achievement.

MAEF also oversees the Ethel Curry American Indian Scholarship, which is awarded to American Indian students

who have been admitted to Minnesota higher education institutions and have made a significant contribution to their American Indian culture and community.

Dennis was appointed Mille Lacs Band Commissioner of Education in 2009 and oversees the Band's educational programs, including the Nay Ah Shing Schools, early education, and higher education. Throughout his career, Olson has worked with American Indian students in all stages of education.

"Increased collaboration between state officials, school administrators, and business leaders is essential to the future of education in Minnesota. I look forward to bringing a unique tribal perspective as we work to improve education for the next generation of Minnesota leaders," said Dennis, who is one of two American Indians currently serving on the board.

A Fond du Lac Band member, Dennis holds bachelor's degrees from the University of Minnesota and a master's degree in education from the University of Minnesota Duluth. He will serve a two-year term on the MAF board.

Guardian Ad Litem Training Offered in June

The Mille Lacs Band is in need of Guardian ad Litem (GAL) contractors. A GAL is a court-appointed contractor that makes recommendations in the best interests of a child. A GAL ensures the child has a safe, caring and stable home in family and juvenile case proceedings.

To become a certified GAL, you must complete a 40-hour pre-service training course offered by the state GAL

program followed by a three-month hands-on job shadow with an experienced GAL. GALs are contracted positions without benefits.

If you are interested, Grand Casino will host a 40-hour GAL training course from June 25-29. Contact Heather Virnig at 320-532-7400 to register. Space is limited, so reserve your spot early.

Free Hearing Evaluations

To schedule an appointment for **Friday, April 13**, at Ne-la-Shing Clinic, call 320-532-4163. Walk-ins are welcome. We will do our best to serve you.

Hearmore Hearing has offices in St. Paul and Osseo. To schedule an appointment Monday through Friday, call the St. Paul office at 651-771-4019 or the Osseo office at 763-391-7433.

Joseph Nayquonabe Jr. Named Corporate Vice President of Marketing for Grand Casinos



improve his own knowledge and skills," said Raymond Brenny, senior vice president of gaming operations for the corporate commission. "He is equally talented at strategy and implementation as well as identifying and capitalizing on good opportunities. I have every confidence that the next 10 years of Joe's career will be even more successful than the last 10."

In addition to his work, Joe serves on the Como Zoo board of directors. In 2009 he was named a *Minneapolis/St. Paul Business Journal's* "Forty Under 40" honoree as well as St. Cloud State's "Graduate of the Decade."

Joe has a bachelor's degree in marketing from St. Cloud State University and a master's degree in business administration from the University of Minnesota's Carlson School of Management. He is currently working on his master's degree in tribal administration and governance from the University of Minnesota Duluth. During his undergraduate studies, Joe interned as a lobbyist for Holland & Knight in Washington, D.C., while taking classes at George Mason University.

Joe and his wife, Christina, live in Onamia with their daughters, Bella, Phoenix-Rose, and Xiana. In his spare time, Joe enjoys basketball, golfing, listening to music, and reading.

How to Prepare for Netting

With the nice weather we've had, the spring tribal harvest is just around the corner. Here's what you need in order to go:

- A valid tribal ID card
- A current fishing license (Pick one up at any of the district offices.)
- A netting permit (You are required to request your netting permit by 11 a.m. in District I and 10:30 a.m. in Districts II and III on the day you are setting the net. You must also know which landing you will be using and the time the next morning that you will be pulling your net. Permits must be picked up prior to 4:30 p.m. in order to set a net for that night.)

Cancellation policy

You must notify a Mille Lacs Band conservation officer by 8 p.m. if you do not set the net that you intended to set. Otherwise the Band assumes there is a lost net. Conservation officers' cell phone numbers are provided at all Band licensing offices.

If you have any other netting questions, please call Kevin Stobb, lead licensing agent, at 320-532-7896.

Housing Department Updates

By Arlene Weous, director of housing department, and Richard Hill, general manager of housing department

Housing policies

The Mille Lacs Band of Ojibwe Housing Department would like to clarify the service amendments announced in the March *Inajimowin*.

First, the Housing Department follows the policies as adopted by the Mille Lacs Band Housing Board and ratified by the Band Assembly.

There has been confusion about the policies as they relate to lease violations. A common misperception is that the Band Housing Board and Band Assembly have told our department to issue lease violations, but in reality, those entities rely on our department to enforce the policies.

Also, to clarify the executive decision made for appliance repairs, the Housing Department will continue to repair, maintain and replace washers and dryers in Elder units only. The decision was based on a financial and staffing analysis.

Once again, we are sorry for any inconvenience these changes may have caused.

Maintaining a healthy home

The Housing Department has been teaching its staff and tenants about healthy home maintenance. Through home maintenance education, tenants can provide a healthier environment for their families and maximize the life of their homes.

Easy ways to maintain a healthy home include using green cleaning supplies, preventing allergen exposure, and properly storing flammables and pesticides.

Use green cleaning products

Using green cleaning products in your daily cleaning routine will reduce your family's exposure to harmful chemicals. Household products can be effective green cleaning agents.

- Lemon juice can be used as a spot cleaner on counter tops and glasses.
- Vinegar diluted with water can be used as a ceramic tile cleaner.

- Mixing water, baking soda, and vinegar together makes an all-purpose cleaner that is safe and effective.

Reduce home allergens

Home air quality can be altered from allergens such as mold, mildew, dust mites, and pet dander. Mold needs moisture and food to grow so it is important to regulate the level of moisture with either a dehumidifier or humidifier.

The transition to spring is a good time to have your roof, gutters, and down spouts inspected. Doing so will ensure that there are no missing shingles and all gutters and down spouts are functioning properly to prevent any water from penetrating into your attic, basement, or crawl space.

If you are a tenant of a Band-maintained home and have identified repairs needed to your roof or gutters, contact the Housing Department at 320-532-7433 or 866-822-8538 to request a repair.

Dust mites and pet dander are microscopic, bug-like creatures that live off of dead skin cells from humans and pets and can irritate individuals with allergies and asthma. You can control pet dander and dust mites by regular vacuuming, sweeping, and changing your bedding.

Store flammables and pesticides

Flammables and pesticides should be stored in a shed or enclosure not attached to your house to prevent any chemicals from becoming airborne or entering your home.

One of the easiest and most efficient ways to improve the indoor air quality of your home is to change your furnace filter on a monthly basis. Regular filter changes help remove particles from your home that have been captured in the filter and circulate through the vents.

For questions or more information on healthy home maintenance, contact Richard Hill, general manager of the Housing Department, at 320-532-7415.

Mille Lacs Early Education Is Accepting Waiting List Applications

By Gaylene Spolarich, Head Start family and community specialist

The Mille Lacs Early Education Department is currently updating its waiting lists for the Head Start and Early Head Start programs in the 2012-2013 school year, which runs September-May.

The Head Start program is for children who are 3-5 years old, and Early Head Start is for children who are 0-3 (infants must be at least six weeks old). Both programs run 8 a.m.-3 p.m. on Monday-Thursday,

and childcare is available on Friday during the same hours.

New child enrollments for the upcoming school year are completed during the summer, but parents and those who are expecting are encouraged to turn in applications at their soonest convenience, because spaces fill up quickly.

To request or submit an application for the Head Start or Early Head Start programs, contact Gaylene Spolarich at 320-532-4690, ext. 2210, or gspolarich@nas.k12.mn.us.

Interior Construction Continues on Early Education Building



Photos courtesy of Travis Lund



Construction of the new District I Early Education Building is progressing smoothly, thanks in part to above-average temperatures and below-average snow this winter.

Throughout the winter, crews worked on the interior of the building. Currently workers are pouring concrete for interior

floors and installing metal roofing, electrical wiring, and piping. The next step is to install exterior windows on the building.

Crews broke ground on the 47,600-square-foot building in July 2011. The project is slated to be completed on schedule in August 2012.

Marge Anderson Testifies on Nelson Act Funds

Chief Executive Marge Anderson testified before the House Subcommittee on Indian and Alaska Native Affairs on March 1 regarding HR 1272, the bill addressing the distribution of Nelson Act funds. Mille Lacs Band members and other Minnesota Chippewa Tribe members are owed compensation for damages resulting from the 1889 Nelson Act, a federal law that intended to force Ojibwe people off their reservations. It was also supposed to give the Ojibwe money from the sale of reservation land and timber.

Following is Marge's testimony. Congress has yet to take final action on HR 1272.

Thank you. I am Marge Anderson, Chief Executive of the Mille Lacs Band of Ojibwe Indians.

I am here today in support of HR 1272, sponsored by our Congressman, Chip Cravaack, and Congressman Collin Peterson. Four years ago this committee told us to go back to Minnesota and reach an agreement on distribution. After much effort, that is what we have done.

We have three principal reasons for supporting HR 1272:

1. Sovereignty and property rights. Congressmen Peterson's and Cravaack's bill respects the sovereignty and property rights of the Minnesota Chippewa Tribe.

Under the MCT constitution, the Tribal Executive Committee (TEC) acts by majority vote, and the settlement was approved by a majority vote of the TEC. Appropriately, the vote was then accepted by the Department of Justice and the Department of the Interior and by the Court of Federal Claims. It is appropriate that Congress now gives the same respect to the tribe's decision regarding the distribution of the judgment as the government gave to the tribe's decision to settle the case.

If the government does not recognize the sovereign authority and property rights here, it is a problem not just for the Minnesota Chippewa Tribe and its six constituent bands, but for all tribes across this country.

2. History. In the early 1980s, my predecessor, Chief Executive of the Mille Lacs Band Arthur Gahbow, testified in front of this very committee on dividing up another judgment obtained by the Minnesota Chippewa Tribe in another Indian Claims Commission case. He argued that the special unfairness to our Band required

unique consideration, but was told that he needed to go back to Minnesota, and that the decision was up to the Minnesota Chippewa Tribe, not Mille Lacs. The MCT acted then, and now its decision should be honored.

3. Resolution. If we do not do this today, this decision will linger for a generation or even longer. We have spent countless hours and diverted precious resources to finalize a strong distribution plan, embraced by five of the six bands and supported by a huge majority of members. In 2008 you told us to bring you an agreement and you would embrace it. We have in HR 1272, and we ask you to pass it without greater delay.

The bands of the Minnesota Chippewa Tribe work together on virtually all issues. Ours is a story of survival. It is also a story of occasional differences. Each of the six bands has separate stories to tell of the injustices, the hardships, and the terrible insults caused by the Nelson Act. Our Elders, our histories, and our experts are persuasive as to the real tragedies caused to each of the bands. We all have maps showing huge losses to our peoples. Some of us look at sheer numbers of people, some at land, some at trees, some at dollars taken by agency crooks. While these differences are real, we have resolved them with close to unanimity. We discussed proposal after proposal. Ultimately, we voted. Five of the six bands are in agreement, representing 80% of our members. The Minnesota Chippewa Tribe has spoken as a sovereign, self-governing tribal nation.

The Natural Resources Committee of the U.S. House of Representatives has come to truly respect concepts like sovereignty, self determination, and self governance. Indeed, it has given them life and meaning in modern times. Now, here, after too much harm, too many tears, and too much time, wasted work, and lost resources, please end this.

After a century and a half of losses, after six decades of litigation, and after a dozen years of our money in a dusty account at Interior, it is time. Now, here, give our people our money in our sovereign plan.

I respectfully request that the committee do the right thing. The right thing to do is to respect the sovereignty of the tribe and pass HR 1272.

Mii gwech.

"You Gave Me Back My Life"

Mille Lacs Band member Dr. Arne Vainio, who works on the Fond du Lac Reservation, shares his personal experiences in a series of articles in News From Indian Country. Below is an excerpt from Arne's article:

"I think I'm dying," Dan said. He had been having abdominal pain for several months, and it was steadily getting worse.

His pain could come at any time and last from minutes to hours. He didn't drink or use drugs, but he smoked nearly a half a pack of cigarettes a day. He had been losing weight for the past six months and food no longer appealed to him. He was constantly tired and couldn't seem to get enough sleep.

His blood pressure and his chest x-ray were normal, so I ordered labs. He was not anemic and his blood sugar, thyroid, vitamin, and liver tests were all normal.

I ordered an abdominal ultrasound, which also checked out as normal. Because of his weight loss and his smoking history, I ordered a CT scan of his chest, abdomen and pelvis, which all came back normal.

I referred him to a gastroenterologist to have a scope of his esophagus and a colonoscopy. Other than finding a single polyp in his colon, these studies were also normal.

He worked in a machine shop and was around loud machines all day. He ate his lunch at his work station and didn't talk to or know any of his coworkers.

A depression screen came up positive, but he refused to consider that. "My mom was depressed, so I know what that looks like. She was crying all the time and it drove me and my sister almost as crazy as she was," he said. He denied suicidal thoughts and refused to take an antidepressant medicine, even as a trial.

He came back about six months later. He was still having his abdominal pain and had lost another 12 pounds, though his lab results were still normal.

Again, I brought up depression as a likely cause. He fit the picture well but refused to start any medications.

Six months later he asked, "Dr. Vainio, if I tried an antidepressant medicine, would you think less of me?"

"No, Dan, I wouldn't. Antidepressants are safe, have minimal side effects, and are not addicting. They don't make you look at the world through rose-colored glasses, but they do help you get some successes behind you. If it doesn't make any difference, you can stop taking it," I said.

Two months into medication he said, "I don't think this is making any difference." He had gained two pounds, and he was smiling as he told me about a girl at work who seemed to make a point of walking past his work station, even if it meant going out of her way. He agreed to double his antidepressant dose and follow up in a month.

He missed the following appointment, but he requested a refill through the pharmacy. I gave him six months of refills and he requested another six months when that refill was finished.

I didn't see him again until I was getting ready to leave Seattle and come back to Minnesota.

"Dr. Vainio, can I tell you something? When I came to see you, you were the only person I ever really talked to. I thought I was happy being alone. I purposely worked in a machine shop because it's noisy and I have to wear earplugs," he said.

"But I wasn't wearing them because of the machines. I was wearing them so I wouldn't have to interact with anyone. Now I eat in the lunchroom with everyone else and I just bought myself a dog."

Depression is very common and affects between 5-10% of patients in a primary care setting. Classic symptoms of depression are appetite changes; sleep problems such as insomnia or excessive sleeping; memory loss; difficulty concentrating; low energy level; and excessive guilt and suicidal thoughts. Family history, stressors, trauma, losses, and chronic medical illnesses can all increase the risk of depression.

Most people respond well to antidepressants, behavioral health therapy, or a combination of both. Many people initially don't believe their diagnosis or want to take medicines. I see people with depression who start to feel better, then stop their medicine because they think they don't need it anymore. It can take months for them to realize they're right back where they started.

As I was finishing my last visit with Dan, he told me, "Dr. Vainio, I didn't believe you when you told me I had depression and that antidepressants would help. My stomach doesn't hurt anymore and I think I was just worrying myself to death. I came here today because I wanted to thank you. When I first told you I didn't have suicidal thoughts, I was actually thinking about suicide almost every day. I spent 57 years not knowing what everyone else feels like. I don't ever want to stop taking these medicines. Dr. Vainio, you gave me back my life."

Circle of Health Updates

By Circle of Health Staff

New Staff

The Circle of Health department is pleased to welcome Tammy Smith as the department's new claims processor. Having a third claims processor will help with timely processing of claims. The new alphabetical split between claims processors will be announced in the next monthly update. In the meantime, contact your current claims processor with questions.

Mille Lacs tribal community health plan

Phases one and two of the Mille Lacs tribal community health plan have been completed. If you did not receive a letter regarding your eligibility for the Band member plan, continue utilizing the Circle of Health benefits as you have in the past. This includes both in-state and out-of-state Band members with employer insurance.

Band member eligibility and enrollment requirements will

soon be incorporated into Circle of Health policy and procedures. This means if you receive notification in the mail that you are eligible for a new group, you must act promptly. There will be an enrollment form included in these mailings that can be scanned or faxed to the human resources department, attention Dawn Chosa. If you choose not to enroll in the new plan, you will be responsible for paying your own health care premiums.

Circle of Health survey

Don't forget to send us your Circle of Health surveys by July 31, 2012, to be entered into the \$200 Walmart gift card drawing, which will be held in August. We appreciate your input, and your responses will remain confidential.

The Circle of Health staff will attend the district community meetings in June to go over the options in the survey. Contact the Circle of Health office at 320-676-8235 or 800-491-6106 with questions regarding the survey.

Free Continuing EMT Training Offered in District I

By Monte Fronk, emergency management coordinator

The Indian Health Service will offer free emergency medical technician (EMT) and first responders (FR) refresher courses this month at the District I Community Center classroom on the following days:

- Thursday, April 5: EMT/FR combined training course from 1-5 p.m.
- Thursday, April 12: EMT training course from 8 a.m.-5 p.m.
- Thursday, April 19: FR/EMT skills day from 8 a.m.-5 p.m.

Registered EMTs must attend all sessions and FRs must attend the combined training course

and the skills day session in order to be recertified for two years.

The EMT/FR course will review procedures, policies and changes in the medical practice, and provide hands-on demonstrations. The EMT-only training will go over the additional skills that only EMTs are certified to perform. The final session will focus on the skills portion of the recertification process for EMTs/FRs.

For more information or to register for the trainings, contact Monte Fronk at 320-532-4181, ext. 2558, or monte.fronk@millelacsband.com.

Heating, Water, and Home-Related Maintenance Problems

If you live in a Mille Lacs Band Housing-maintained home, call for housing maintenance service in your district. During regular business hours, please call our customer service representative at 800-709-6445, ext. 7799. If you live in a home not maintained by the Mille Lacs Band and need assistance after hours with utilities or heating, please call 866-822-8538. Press 1, 2 or 3 for your respective district.

Mille Lacs Polar Bear Plunge Raises More Than \$50,000



Kelly Sam

Bella's Babes were the top fundraising team during the first-ever Lake Mille Lacs Polar Plunge, raising more than \$7,000 for Special Olympics Minnesota.



Kelly Sam

Several Grand Casino Associates, including Joseph Nayquonabe Jr. (front left) and Robbie Sawyer (front right), took the plunge.

Last month 180 people participated in the first-ever Lake Mille Lacs Polar Bear Plunge for Special Olympics Minnesota. Together the plungers raised more than \$30,000 in donations toward the cause. Grand Casino Mille Lacs also donated \$20,000 to help bring the plunge to the area. Altogether the money raised for Special Olympics Minnesota totaled more than \$50,000.

Several Mille Lacs Band members and Grand Casino Associates participated in the plunge. Some of the Band member and employee teams

included: Bella's Babes, Frozen Concoctions, Shock & Thaw Mille Lacs, Creative Accounting, and Team Swag.

Mii gwech to all of the plungers and supporters who contributed money for Special Olympics Minnesota, and to local law enforcement who helped oversee the event (the Mille Lacs County Sheriff's department, Mille Lacs Search & Rescue, Mille Lacs Band Tribal Police, DNR and Public Safety, Garrison Fire Department and Pierz Police Chief).

Band Member Performs With Award-Winning Musician



Photo courtesy of Ivy Vainio

Thirteen-year-old Band member Jacob Vainio played his guitar with nationally award-winning musician Keith Secola at a storytelling and silent auction fundraiser in February in Sawyer, MN. Jacob is the son of Band member Arne Vainio, MD, and Ivy Vainio.

Public Health Department Updates

National Infant Immunization Week

By Kari DiGiovanni, RN

April 21-28 is National Infant Immunization Week, which seeks to promote the benefits of immunizations and improve the health of young children. Immunizations have reduced infant death, disability and disease.

If you are unsure if your infant or child is up to date on immunizations, contact your primary care provider to check your child's records. To locate a facility that offers immunizations at no cost through the Vaccines for Children program, call 800-232-4636.

The Ne-la-Shing Clinic, East Lake Clinic, and Aazhoomog Clinic all provide these vaccines. For more information, visit www.cdc.gov/vaccines.

Free transportation available to medical and dental appointments

By Mary Sam, community health representative

Transportation aides are available to bring Mille Lacs Band members and their families to and from medical and dental appointments scheduled between 8 a.m. and 5 p.m., Monday-Friday, excluding Band holidays. Urgent care visits, emergency room visits, and walk-in appointments are also excluded.

Free transportation is only provided to medical and dental appointments in the immediate service area around the reservation, unless the health service needed is not available in this area.

- District I or IIa residents can schedule transportation aides for appointments at Ne-la-Shing Clinic and the Mille Lacs Health System Family Clinics in Onamia and Isle.
- District II residents can schedule transportation aides for East Lake Clinic appointments.
- District III residents can schedule transportation aides for Aazhoomog Clinic appointments.

Referrals are needed for specialty appointments that are not offered at the clinics listed above. Appointments that are more than 100 miles away must be scheduled for 1 p.m. or earlier in order to request a transportation aide.

Due to high demand, a two-day advance notice must be given when requesting a

transportation aide. Booking in advance will increase the likelihood of availability.

For medical or dental appointment transportation, all passengers must wear seatbelts. Passengers under 18 years old must be accompanied by a parent or guardian, and all children less than 80 pounds and 50 inches tall must ride in a car seat. There is no smoking permitted in any public health vehicle, and passengers are reminded to be on time for their pickups.

Also, medication deliveries are available on Tuesdays and Fridays to homebound Elders living in District I.

For more information or to schedule a transportation aide or medication delivery, contact the community health representative in your district.

- District I and IIa: Mary Sam, 320-532-7815
- District II: Eileen Farah, 218-768-2389
- District III: Francine Staples, 320-384-0149

Dangers of smoking in the car

By Kim Willis, Gego Zagaswaaken community outreach coordinator

I am the new community outreach coordinator for the Gego Zagaswaaken program.

I graduated from St. Cloud State University in 2010 with a degree in social work. I spent the last three years working at Mille Lacs Academy, and I was also a substitute teacher at the Nay Ah Shing Schools during the 2010-2011 school year.

The Gego Zagaswaaken program had two amazingly talented and passionate ladies get it off to a great start. Gloria Sogetay and Carol Hernandez have left big shoes for me to fill.

I am passionate about health-related issues, particularly the effects of smoking during pregnancy and around children. The first topic I would like to address is how smoking in a vehicle with child passengers affects their health. It is a nationwide problem that continues to affect our community.

One person smoking in a car emits 50 times more fine particles than those emitted from the car's tailpipe. The particles are not only inhaled by passengers, but they also cling to upholstery and interior surfaces for days – causing third-hand smoke exposure. Opening a window does very little to

decrease the high concentration of smoke that children breath in.

I look forward to the opportunity to educate the community on the harmful effects of commercial tobacco use.

Alternative ways to relieve stress

By Roberta Ladd, community health educator

Congratulations to those who have stopped using commercial tobacco.

One of the biggest reasons people smoke is to relieve stress, but there are other ways to do this. Deep breathing and dancing are both great ways to reduce stress.

If you would like support in your effort to quit commercial tobacco use, contact me at 320-532-7812.

National Cancer Awareness Month

By Jackie Jensen, RN

April is National Cancer Awareness Month. The Mille Lacs Band department of public health encourages all Band members to make sure they are up to date with their cancer screenings.

Women between the ages of 20-49 should have an annual pelvic exam and a mammogram every three years. Women over the age of 50 should have annual mammograms and pelvic exams every two to three years – unless recommended otherwise by a doctor. Regardless of age, women are recommended to do monthly self breast exams, which can help detect breast cancer early.

Colonoscopies for both males and females over 50 years of age should be done every 10 years, unless there is a family history of colon cancer or it is otherwise recommended.

For men, prostate and testicular exams are recommended every two to three years after 50 years of age.

Be sure to ask questions at your annual exams and routine doctor's office visits.

HIV/AIDS awareness

By Lisa Blahosky, public health director

March was Native HIV Awareness Month. "HIV" stands for Human Immunodeficiency Virus, a non-treatable infection that destroys the body's immune system, often resulting in AIDS (Acquired Immunodeficiency Syndrome).

HIV lives in blood and other body fluids that contain white blood cells. HIV and AIDS are not transmitted through casual contact.

HIV can be transmitted through unprotected sexual intercourse with an HIV-infected person, including vaginal and anal intercourse and oral sex. HIV can also be transmitted through sharing drug injection equipment, infected blood used in transfusions, and transplanted organs from an infected donor. It can also be transmitted through pregnancy, childbirth or breastfeeding from an HIV-infected person.

The most important thing is to get tested for HIV and encourage others to do the same. To find a testing center near you, send a text message with your zip code to "know it" (566948) or visit www.hivtest.org.

Head Start Students Visit Great Lakes Aquarium



Photo courtesy of Cindy Cooley

Head Start students took a field trip to the Great Lake Aquarium in Duluth on March 7. Pictured above are Wyndessa Davis and Landon Saice.

Boys & Girls Club Updates

By Justin Beaulieu, Boys & Girls Club director

Seeking volunteers

The Mille Lacs Band Boys & Girls Club is looking for volunteers to help with its activities and programs in all districts. Community members interested in becoming a volunteer may download an application online at http://www.millelacsband.com/Page_BoysGirlsClub.aspx.

District I members of the month



Katelyn Mitchell

Photo courtesy of Adrienne Benjamin



Hunter Shingobe

Photo courtesy of Adrienne Benjamin

The Mille Lacs Band's Boys & Girls Club honored Katelyn Mitchell and Hunter Shingobe as the club's District I March members of the month.

"Every day Katelyn and Hunter have arrived with a positive attitude and willingness to learn and try new things," said Christina Clitso-Nayquonabe, District I Boys & Girls Club coordinator.

"I enjoy coming to Boys & Girls Club because of their fun activities," said Katelyn, a fifth-grader at Nay Ah Shing School.

"I like coming to Boys & Girls Club because it is fun and it keeps me out of trouble," said Hunter, a sixth-grader at Onamia Elementary School.

Congratulations, Katelyn and Hunter!

Department of Labor Updates

By Deb Campbell, department of labor lead instructor

District II Community Center Health Fair

The department of labor will have a booth at the District II Community Center Health Fair on Thursday, April 5, from 9 a.m.-3 p.m. to answer questions about the 477 Employment and Training Program, support services, and tribal TANF.

GED exam offered this month at Mille Lacs Band Tribal College

The department of labor and Mille Lacs Band Tribal College are facilitating an official GED exam at the tribal college from 10:30 a.m.-4 p.m. on Friday, April 13, and Friday, April 20. The next round of GED testing will take place in August (August 10 and 17).

The GED exam is a series of five subject area tests. A new edition of the GED exam will be

released in January 2014. This means that test takers will need to pass all five subject area tests before 2014, otherwise test takers will be required to retake the entire GED exam.

Test takers who are on track to complete the current edition of the GED should be mindful of the time constraints, register early, and prepare in advance.

The series of tests costs \$60 per person. If you are retaking individual tests, each test costs \$12. If an agency is funding your GED exam, the series of tests costs \$100, and each individual test costs \$20.

To register for the GED exam, contact Melissa Lupinek, chief examiner, at 320-223-3826 or 763-689-6230.

Department of Labor classroom hours

The department of labor offers classroom hours in each district for Band members who would like assistance with

resumes and cover letter writing, online job searches, computer skills, and GED exam preparation. The following are the weekly classroom hours in each district:

District I department of labor classroom

- Mondays, Thursdays and Fridays from 9 a.m.-5 p.m.
- Tuesdays from 1-5 p.m.
- Wednesdays from 9 a.m.-8 p.m.

District II East Lake modular

- Thursdays from 10 a.m.-3 p.m.

District IIIa Chiminising Center

- Tuesdays from 1-4:30 p.m.

District III Lake Lena Community Center

- Wednesdays from 10 a.m.-3 p.m.

Tribal Noteboard

Happy April birthday:

Sassi Day, on April 28 from Mom, Dad, sisters, niece and nephews • **Keoana Mitchell**, on April 27 from Dennis, Denise, and all the girls • **Eddie Dorr**, on April 1 from Dennis, Denise and all the girls • **Lynelle Brooks**, from Mom, Aidden, Spud, Ava, Addison, Uncle Pete, and Gram • **Albert Gahbow**, from Auntie Tami, Nellie, Aidden, Spud, Ava, and Addison • **Uncle Erik**, from Clara, Emmarae, Ava, Addison and Aidden • **Kasey McGabe**, from your family • **Luda**, from your family • **Erin Cash**, from your family • **Bruce Allen**, 31 on April 5 with love from Mom, Danielle, DeaLayna, Stone, Derek Jr., Frances, Rae, Mary, Jim, Jack, Joe, Simone, Selena, Doni, Dante, Mase Jr., Joey, Sheila, Shawsha, Soul, Day Day, and Nettie • **Sheila Marie**, 6 on April 23 with love from Mom, Dad, Simone, Doni, Joey, Danielle, Grandma, DeaLayna, Stone, June Bug, Franny, Mary, Selena, Dante, Mase Jr., Bruce, Jim, Jack, Soul, Day Day, and Nettie • **Dad**, 33 on April 15 with love from DeaLayna, Stone, Derek Jr., and Frances • **Dorothy A.**, on April 1 with love from Marlys, Anthony B., Richard, Rachel, Kelia, RaiLei, Candace, and Cyrell • **Kelia**, on April 20 with love from Grandma and Grandpa Bushey, Mom, RaiLei, Uncle, Auntie, and Cyrell • **Bull**, on April 21 with love from your wife Mrs. B. • **Jada**, on April 24 from Mick and family, Rachel, and Waylon • **Don**, on April 4 from Waylon and Rachel • **Squishy**, 21 on April 28 from Rachel and Waylon • **Cilla**, 21 on April 28 from Mom • **Nate Bugg**, on April 13 from Rachel, Waylon, Adrian and Marcus • **Diamond**, on April 14 from Rachel, Waylon, Shina, and RaySean • **Gramma Nazz**, on April 21 with love from Des, Shy, Jordan, Dal Jr., Tina, Dal Sr., Gina and Papa • **Eva**, on April 4 with love from Mom, Jeff, Ty, Faith, Jon, Papa Lenny, Evan, Colleen, Susan, Maggie Sue, and Dad • **Amy LaDue**, on April 2 from Lenore, Tyson, Faith, Eva, Jeff and Jon • **Jean**, on April 1 with love from Niss and family, and Dana and family • **Chadlin Rose**, 19 on April 20 with love from Gramma and family, Dana and

family, and Anthony • **April**, from Chey, Shay, and Ron • **Uncle Kim**, from Chey, Ron and Shay • **Dalylah Benjamin**, 8 on April 30 with love from Dad, Danielle, and Daniel • **Seth Benjamin**, 7 on April 26 with love from Dad, Danielle, and Daniel • **Kallie Nickaboine**, on April 11 with love from Uncle Goober • **Aiva Doust**, 5 on April 26 with love from Mom, Dad, Mark, Emery, Grandma Tracy, Karen, Grandma Carla, Papa Kenny, Papa Jim, Papa Jake, Shelby, Jarvis, Max Dean, Aidan, Sharon, Ravin, Melodie, Grandma Agnes, Valerie, Elias, Mariah, Kev, Rachel, Waylon, Bruce, Jayla, Lileah, Nicole, Buddy, Cordell, Jameson, Mickey, Phillip, Charlotte, Cory Jr., PJ, Whitney, Nadine, Blake, Amber, Heather, Abby, Mike, Jake, Penny, and Eric • **Quillin Garbow**, 2 on April 6 from Dad, Grandma, Uncle Ben, Zach, Drin, and Hayleigh • **Charli**, on April 18 from Papa, Kokum, Aunties, Uncle and Cousins • **Rayna**, on April 22 from Nigel, Roberta, and grandkids • **Redfeather**, 1 on April 26 from Mommy, Papa, Kokum, Aunties, Uncle, and Cousins

Happy April birthday to Mille Lacs Band Elders!

Marge Anderson
Dorothy Aubid
Terry Beaulieu
Jerry Benjamin
Donivon Boyd
Russell Boyd
Wayne Boyd
Peggy Bush
Sharon Chavarria
Wesley Dorr Jr.
Nancy Foster
Barbara Grey Bull
Duane Haaf
Gwendolyn Hanold
Arleen Hunt
Darryl Jackson
Elsie Karsjens
Evelyn Kegg
Raymond Kegg
Bruce LaFave
Glenda Landon-Rosado
Rayna Mattinas
Ada Merrill
Louis Merrill
Bonita Nayquonabe
Russell Nayquonabe
Gloria Nickaboine
Sherry Nielsen

Donald Oswaldson
Jeannette Oswaldson
Ricky Pardun
Lorraine Sam
Darlene Savage
Perry Skinaway
Gloria Songetay
Marvin Staples
Gail Tyson
Duane Wind
Leonard Wind

Anniversaries

Happy anniversary to **Lola and Pep** on April 1 from Dennis, Denise and family.

• • •
Happy anniversary to **Maia and Steve Satterlund** on April 13 from Nessa Liz, Tucker Gaazhaganz, Queen Smokey, Momma Gogi, Sooz, Vince, Molly, Jess, Corey Lee, Sam, Mary K., JoHanna, Peter, Christian, Mama Connie, Jim, and Precious.

Congratulations

Congratulations to **Erin Cash** on your engagement from your family.

Birth announcements

Congratulations to Charlotte Harrington and Cory Nadeau Sr. on the birth of their son, **Cory James Nadeau Jr.** Cory Jr. was born on January 24 at 4:43 a.m. He weighed 8 lbs., 14 oz., and was 21 in. long. Thank you for blessing us with our first grandbaby, from Gramma Mick and Papa Phil.

• • •

Congratulations to Karissa Kegg and Trevor Morrison on the birth of their son, **Jasyn Fredric Lee Morrison**. Jasyn was born on February 11 at 7:47 a.m. He weighed 8 lbs., 7 oz., and was 21.5 inches long. The proud grandparents are Marc and Mary (Kegg) Maurstad of Pine Point, MN, and Renae Boyd of Onamia.

Obituary

Kenneth Troy Nickaboine
Born: 9-26-1960
Died: 1-29-2012
Lived in Minneapolis, MN

Diabetes Program News

By Johanna Larson, diabetes program coordinator

Family meal night

The diabetes program will host this month's family meal night on Wednesday, April 25, at the District I Community Center at 5:30 p.m.

At family meal nights, interested community members learn healthy cooking tips and make a healthy meal together with their family. Community members also have an opportunity to ask diabetes program staff diet and weight questions while children participate in fun, physical activities.

For more information, contact Johanna Larson at 320-532-7790.

Healthy heart classes

This month, the diabetes program's healthy heart classes will focus on using food labels to make heart-healthy choices. Classes will be held on the following days:

- Monday, April 23: District III Community Center at noon
- Tuesday, April 24: District I Community Center at noon
- Monday, April 30: Chiminising Community Center at 10:30 a.m.

Band Member Development Department Moving

Effective April 1, 2012, the Band Member Development Department, including all programs and work readiness functions, will be renamed and transferred to the department of labor in the executive branch of the Mille Lacs Band government.

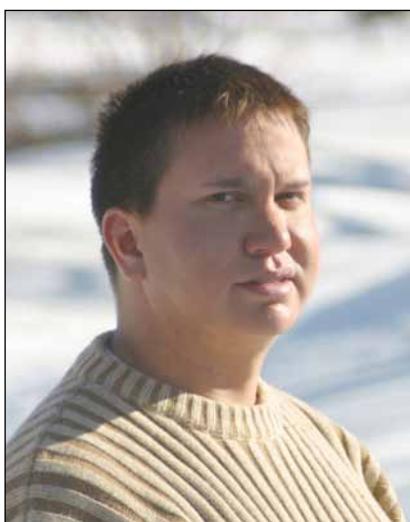
This transfer will give Band members a one-stop shop for all of their employment needs, including GED preparation and testing, resumes, job searches, job exploration, job placement, and much more. It also expands job placement to all Mille Lacs Band offices and branches, not just the Corporate Commission and casinos.

A new internal department will be developed to retain and promote Mille Lacs Band members working at the Corporate Commission and its business entities.

If you have any questions, please contact Jodell Meyer at 320-532-8880.

Ojibwe Culture and Traditions

Moccasin Telegraph



Our tradition of watching purple martins

By, Kelly Applegate, Mille Lacs Band member

Purple Martins are beautiful songbirds and the largest member of the swallow family. They also have a special relationship to our native ancestry. Way back when, Native Americans would put poles up and hang large gourds on them. They would put holes in the gourds, and the martins would come nest in them. The martin colonies were a source of entertainment – they served as a primitive television. Tribal members would sit under the gourds and watch martins fly in and out, eat insects, and do their crazy aerial antics. The martins also kept the raccoons and hawks away from drying meats and hides, and they would ward off animals trying to steal food. And the martins served as an alarm clock, because they would start singing as the sun came up.

European settlers saw the Native Americans attracting these beautiful birds with gourds, so the settlers decided to build multi-compartment wooden bird houses. Now, the Purple Martin is the only bird species east of the Rocky Mountains that is dependent upon human beings to put up their houses. If everyone in the United States took their Purple Martin houses down, the martins would eventually become extinct because they would have no place to nest.

The martins travel thousands of miles from Brazil to North America to nest and raise their babies. They start arriving in Minnesota about the second week of April and stay until early August, and they return faithfully to the same sites every year. That means when

you put up a new house, it will attract martins that just hatched the year before and are looking to start new colonies on their own.

My interest in Purple Martins started when I was probably 10 years old. Me and my dad built a bird house, but not knowing very much about Purple Martins at the time, we built it with the holes too small. It was in the wrong location, too, by trees, which was not the place to put it because the martins prefer an open area. And we painted it green and yellow, but the martins prefer to have the majority of their house painted white. One day a martin showed up anyway and tried to get into the house. I was all excited and finally got to see what they really looked like, because I had only seen pictures of them before. I did a little more research and took the house down, made bigger holes, painted it white, and put it in an open area. The next year, I had my first resident martin.

The tradition of using gourds for martin homes has sort of died out. It's a trend that has been forgotten mainly because there aren't that many martins around anymore – the population has decreased a lot since the early 1950s. I'll talk with Band Elders, and they say, "Oh yeah, the martins, they nest in a group and eat insects." But they always say we haven't been able to get them for years.

So I put up a modern gourd rack system specially designed for Purple Martins behind one of the Mille Lacs Band's Assisted Living Units for Elders. I felt it would likely attract martins, plus culturally, the gourd-shaped martin houses are what we started with. Watching Purple Martins is a tradition that has been forgotten, and hopefully this gourd rack will bring it back. It will be nice for families who are visiting Elders at the assisted living unit to look out and see the gourd rack. The Elders will tell them that about two or three hundred years ago, that's what our people did – hang the gourds up so the martins were around and provided a source of entertainment for us.

Upcoming Mille Lacs Indian Museum Events

Kids craft workshop

Listen to museum staff read storybooks, enjoy light snacks, and learn how to weave a dream catcher to take home. This project is recommended for children eight years or older.

The workshop costs \$5 per kit and will be held on Saturday, April 7, from 11 a.m.-3 p.m.

Sweetgrass basket workshop

Learn the art of making a coil sweetgrass basket. Sweetgrass is a fragrant, sacred herb used in ceremonies and artwork by the Ojibwe. This two-day class will be held on Saturday, April 28, from noon-4 p.m. and Sunday, April 29, from 10 a.m.-2 p.m.

The workshop costs \$60 for the general public or \$55 for Minnesota Historical Society members and Mille Lacs Band members, plus an additional \$15 supply fee.

Please call 320-532-3632 for more information.

Capitol showcase: Cornhusk dolls

Children can learn how to make a cornhusk doll to take home. This project is recommended for children 10 years or older.

The workshop costs \$6 per kit and will be held on Saturday, May 5, from 11 a.m.-3 p.m.

Mille Lacs Indian Museum to Showcase Native American Artists

The Mille Lacs Indian Museum will showcase *Mni Sota: Reflections of Time and Place*, a traveling exhibit which features works by 17 American Indian artists from the Midwest, including one member and one descendant of the Mille Lacs Band of Ojibwe.

This extraordinary exhibit showcases the innovation and beauty of American Indian artists whose ingenuity promotes cultural continuity. The artists of *Mni Sota* provide stunning examples of how they continue to expand the idea of "traditional" Native American art.

The exhibit is free and open to the public. It will run from Wednesday, April 4, through Friday, May 18. There will be an opening reception on Friday, April 6, from 5-8 p.m.

Featured artists

Cheryl Minnema and Pat Kruse are two of the 17 artists featured in the exhibit.

Cheryl (Waabaanakwadookwe) is a Mille Lacs Band member who was born in Minneapolis and raised on the Mille Lacs

Reservation by her mother, Millie Benjamin (Zhaawanigizhigookwe), and grandmother, Lucy Clark (Omadwebigaashiikwe). Cheryl's work focuses on the art of Ojibwe beadwork.

She now lives in Milaca with her husband Ed and their two sons, Sean and Ethan.

Pat Kruse is a Mille Lacs Band descendant and a member of the Red Cliff Band of Ojibwe. Learning from his mother, Clara Kruse, who he calls his greatest inspiration, Pat has been working with birch bark since he was a child. She taught him how to harvest and gather sweet grass, work with the woods, and rice a lake of mahnomen (wild rice). Pat practices all styles of birch bark work, ranging from small to very large pieces.

He currently lives on the Mille Lacs Reservation with his son, whom he teaches how to work with birch bark.

Calendar of Events

April 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	Narcotics Anonymous Red Brick House 6-7 p.m. Every Monday	Primary Election (See page 3)				Kids Crafts Mille Lacs Indian Museum 11 a.m.-3 p.m.
8	Pine Grove Leadership Academy Meeting 5 p.m. Contact: Melanie Benjamin 320-384-7598 AMVETS Meeting Grand Casino Mille Lacs 6 p.m. Contact: Allen Weyaus 320-630-2988	9	10	District I Community Meeting District I Community Center 5:30 p.m. Contact: Rachel Peirce 320-532-7423	11	12
15		16	District II Leadership Academy School Board Meeting 4 p.m. Contact: Raina Killspotted 218-768-2345	17	District III Community Meeting Grand Casino Hinckley 6 p.m. Contact: Katie Draper 320-384-6240	18
22	23	24	District IIA Community Meeting Chiminising Community Center 5:30 p.m. Contact: Lesley Sam 320-676-1102	25	District II Community Meeting East Lake Community Center 5 p.m. Contact: Jenny Waugh 218-768-3311 Urban Area Community Meeting All Nations Indian Church 5:30 p.m. Contact: Barb Benjamin-Robertson 612-872-1424	19
29		30	May 1	2	3	4
6	7	8	9	10	*To Purchase Tickets Visit a Grand Casino box office, call TicketMaster at 800-745-3000, or visit www.ticketmaster.com	5
						<i>If you would like an event included in the community calendar, please contact Kelly Sam at 651-292-8062 or write to Kelly at kelly@goffpublic.com</i>

What Has Been Your Favorite Family Vacation?

Tina Anderson



"With my whole family in August. We go to Vegas and California."

Chasity Gahbow



"Florida."

Molly Judkins



"Every two years we go to our family reunion in Netarts, Oregon."

Anthony Pike



"Peguis, Manitoba, Canada for ceremonies."

Photos courtesy of Carla BigBear

Band Members Gather for Treaty Rights Celebration

Band members came together for the annual Treaty Rights Celebration at Grand Casino Mille Lacs on Friday, March 23. On March 24, 1999, the U.S. Supreme Court ruled that the Mille Lacs Band and six other tribes retained their right to hunt, fish and gather on the lands they ceded through the Treaty of 1837. The event celebrates this landmark case.

Little Otter Singers sang the honor song, and the event featured activities for kids, a digital scavenger hunt, and information booths about treaty rights.

Cassie Benjamin and Lorelei Benjamin (pictured below in the upper left) won nets that were donated by the Chief Executive's Office.

The Mille Lacs Band Department of Natural Resources staff (pictured below in the upper right) sponsored the Treaty Rights Celebration.

Photos courtesy of Carla BigBear.



OJIBWE INAAJIMOWIN

May 2012

"The story as it's told."

Volume 14 • Number 5

Grand Casino Hinckley Turns 20



Photo courtesy of Grand Casinos

Grand Casino Hinckley under construction. On opening day, the casino housed the gaming floor, buffet, lounge, snack bar, video arcade, and Kids Quest.

On the heels of Grand Casino Mille Lacs's success, Grand Casino Hinckley opened its doors to guests on May 15, 1992. It was an instant success too, and 20 years later the achievements continue to grow.

"I remember the ribbon-cutting ceremony on opening day as if it happened yesterday," said Band member Mel Towle, the general manager of Grand Casino Hinckley. "I was a college student then, and I knew the casino would be a big deal. But it turned out even bigger than I could have imagined!"

Mel's first job at the casino was in the receiving department, where he helped unload trucks. "It was hard work, but I enjoyed it," he said. "I really needed the money to help fund my college education, so I was very appreciative to have that summer job. The fact that it was fun was a bonus."

When Grand Casino Hinckley opened, it had more than 1,000 Associates. Today that number has grown to 1,763. Most of these are full-time positions

with medical, dental, disability, and life insurance benefits – among other perks. These figures make Grand Casino the largest employer in Pine County.

Opportunities for Band members

Of the casino's 1,763 employees, 77 are charter Associates – there from the beginning. Joni O'Brien, a District III Band member, is one of those charter Associates.

"My mother worked at the District III community center in 1991. She said I should come along with her one day, because there was a job fair. I was working in a factory in Mora at the time," Joni explained. "I was hired as a 21 dealer and started dealing at Grand Casino Mille Lacs in a tent. I transferred to Grand Casino Hinckley when it opened in 1992 as a dual rate dealer/floor supervisor – my first promotion!"

Band member Gordy Matrious, another charter Associate, had been driving 200 miles daily round-trip from



Photo courtesy of Grand Casinos

More than 500 people were waiting to enter when Grand Casino Hinckley opened on May 15, 1992. The hotel in the background was added in 1998.

Sandstone to the Twin Cities for work before he was hired as a casino maintenance engineer. "When I started at Grand Casino Hinckley, it was an opportunity to not drive so far every day," he said. "However as time went on, my children also entered into positions here that gave them lifelong careers."

Other Band members have found opportunities in construction projects at the casino. Since the casino was built, there have been several construction projects to vary the entertainment, recreation and resort options at the Hinckley property.

Mille Lacs Band member Arlene Victor was involved in the original construction in 1992. "I was in charge of placing all the lamps and lighting in the hotel rooms," she said. "The building and operation of this casino was and still is vital to the livelihood of the Band and community members."

One of Mel's favorite memories at Grand Casino Hinckley was the 2006-2007

construction project, when a new hotel tower, spa, events and convention space, production kitchen, Associate dining room, locker room, training rooms, and other spaces were added. This project employed more than 200 people.

"In terms of both dollars spent and square footage added, this was the Band's single-largest construction project to date – and I was proud to be a member of the team that brought this project to fruition."

Impact on the Band

In addition to benefiting Band members through employment, Grand Casino Hinckley has been a positive addition to District III and Band members overall.

District III Representative Diane Gibbs is a good example. Diane's family moved from Lake Lena to the Twin Cities for more opportunity when she

(Continued on page 2)



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Grand Casino Hinckley Turns 20

(Continued from page 1)



Photo courtesy of Grand Casinos

Band member Arlene Viktor was involved in the original construction of Grand Casino Hinckley in 1992.

was four years old. She grew up in Minneapolis, going home to Lake Lena to visit family members most weekends.

When Grand Casino Hinckley opened, Diane helped organize a job fair in the Little Earth neighborhood of Minneapolis to help interested Band members find casino jobs. Then she moved to Lake Lena after her husband took a job at the casino. Diane began working in tribal government in District III.

"Bernida Churchill asked me to help with the growing process in District III. We now had this successful business, but not enough housing or infrastructure," she said.

Casino revenues helped change that reality. "First came the ceremonial buildings in each district to help with our spiritual wellbeing, then came the new community centers, clinics, and homes to help directly address Band members' needs," Diane added.

"Casino revenues have been used to help so many people and build so many things that we went without for decades," said Chief Executive Marge Anderson. "We should be very proud of what we've accomplished together."

Watch for more Grand Casino Hinckley anniversary coverage in the June edition of the *Inaajimowin*. To see more photos of Grand Casino Hinckley over the years, visit the Band's Facebook page.

Sarah Barten of Grand Casinos contributed to the writing and reporting of this article.

When Did It Open?

- Grand Casino Hinckley, 1992
- Grand Grill Americana, 1992
- Grand Buffet, 1992
- Cherries Snack Bar, 1992
- Silver Sevens Lounge, 1992
- Grand Northern Inn, 1993
- Grand Casino Hinckley RV Resort & Chalets, 1993
- Grand Casino Hinckley Amphitheater, 1995
- Grand National Golf Course, 1995 (Grand Casino Hinckley purchased it in 2008)
- Grand Hinckley Inn, 1996
- Grand Casino Hinckley Hotel, 1998
- Grand Casino Hinckley Events & Convention Center, 1998
- The Winds Steakhouse, 2000
- Grand Harmony Spa, 2006

The Newspaper of the Mille Lacs Band

OJIBWE INAAJIMOWIN

"The story as it's told."

Kelly Sam, Editor

Phone 651-292-8062 Fax 651-292-8091

kelly@goffpublic.com

255 East Kellogg Blvd., Suite 102, St. Paul, MN 55101

Please provide information by the 15th of the previous month.

Boys & Girls Club Members of the Month

By Justin Beaulieu, Boys & Girls Club director

The Mille Lacs Band's Boys & Girls Club honored Band youth from each district as members of the month.

District I



The District I Boys & Girls Club named Justin Mitchell and Whitney Harrington as the club's April members of the month.



"I like going to Boys & Girls Club because it's fun and I like going outside," said Justin, a kindergartner at Nay Ah Shing School.

"I like Boys & Girls Club because I like going on field trips and seeing my friends," said Whitney, a tenth-grader at Onamia High School.

District IIa



The District IIa Boys & Girls Club chose Noah Sablan and Lanicia Fronk as its March and April members of the month.



"Noah was chosen as the member of the month because of the wonderful attitude he displays when he is with us. His willingness to participate in all of the fun activities shows the leadership qualities he has," said Charlee Edwards, District IIa Boys & Girls Club coordinator. "His smile always brightens up the room and makes the day too short. We are proud to have such a wonderful member."

"Lanicia was chosen as the member of the month because of the great attitude she shows when she walks through the

club's doors," said Charlee. "She always puts her homework first and is willing to participate in any activity. It is a joy to have Lanicia as a member."

Noah is a kindergartner at Isle Elementary School and Lanicia is a fourth-grader at Nyquist Elementary.

District III



The District III Boys & Girls Club honored Marcel Richey and Justyn Lundgren as the club's March members of the month.



Marcel, a first-grader at Hinckley Elementary School, had the second highest attendance in February and received the Power Hour award.

Power Hour is a national homework help program run at Boys & Girls Clubs. Justyn, a seventh-grader at Pine Grove Leadership Academy, had high participation in all activities and showed excellent behavior each day.

Alliana, a third-grader at Hinckley Elementary School, participates in many activities and received third place in the group one star program, a rewards program that merits stars for participation and performance.

Dallas, a seventh-grader at Pine Grove Leadership Academy, had perfect club attendance in March and had the highest amount of stars in the group two star program.

Marge Anderson Honored by National Indian Gaming Association



The National Indian Gaming Association recognized Chief Executive Marge Anderson last month for her efforts to support Indian gaming and sovereignty.

Chief Executive Marge Anderson was honored by the National Indian Gaming Association (NIGA) in March with the Tim Wapato Sovereign Warrior Award. The award recognizes her longtime commitment to championing tribal sovereignty and Indian gaming.

This award is named for the late Tim Wapato, a NIGA founder and its first executive director. He dedicated his career to educating members of Congress about tribal governments, tribal cultures, and Indian gaming.

Wapato's wife Gay presented the award after sharing a story about how Marge took on Donald Trump in the "schools versus yachts" debate in Congress. Trump was prepared

to testify, Marge came to the hearing with school children, and Trump ended up storming out of the hearing. "Marge was always a steady force for us in our battles. Today we stand on the shoulders of these people who paved the way," Gay said.

"On behalf of one of the greatest warriors of all time, to another great warrior, Marge Anderson," added Ernie Stevens, chairman of NIGA.

Established in 1985, NIGA is a nonprofit organization of 184 Indian nations with other non-voting associate members representing organizations, tribes and businesses engaged in tribal gaming enterprises. NIGA is committed to advancing the lives of Indian people economically, socially and politically.

Graduations & Celebrations

The school year is once again coming to a close, which means awards banquets and graduation ceremonies are just around the corner. Following is a listing of upcoming events:

- Thursday, May 24, at 10:30 a.m. – District I Early Education graduation
- Thursday, May 24, at 10:30 a.m. – District II Early Education graduation
- Thursday, May 24, at 10:30 a.m. – District III Early Education graduation
- Thursday, May 24, at 10 a.m. – Pine Grove Leadership

Academy graduation and community picnic

- Thursday, May 31, at 6 p.m. – Nay Ah Shing Upper School graduation
- Friday, June 1, at 10 a.m. – NAS Royalty Powwow
If you are graduating this year, please contact the scholarship office to make sure you are on their graduation list. For event locations or other information, please call the Nay Ah Shing Schools at 320-532-4695, or the Mille Lacs Band Scholarship Office at 866-916-5282.

Free Hearing Evaluations

To schedule an appointment for **Friday, May 11**, at Ne-Ia-Shing Clinic, call 320-532-4163. Walk-ins are welcome. We will do our best to serve you.

Hearmore Hearing has offices in St. Paul and Osseo. To schedule an appointment Monday through Friday, call the St. Paul office at 651-771-4019 or the Osseo office at 763-391-7433.

Diabetes Program Announcements

By Johanna Larson, diabetes program coordinator

Cooking with commodities lunch

The diabetes program is preparing a healthy lunch with commodities on Thursday, May 3, at the District I Community Center from 12-1 p.m. All community members are welcome to attend and recipes will be available.

Healthy heart classes

This month, the diabetes program's healthy heart classes will feature "healthy heart bingo." Classes will be held on the following days:

- Tuesday, May 15: District III Community Center at noon
- Monday, May 21: District IIa Community Center at 10:30 a.m.
- Tuesday, May 22: District I Community Center at noon

Evening diabetes group education classes

Beginning this month, the diabetes program is offering evening group education classes through a partnership with Grand Casino Mille Lacs. These

classes are geared toward anyone newly diagnosed with diabetes or pre-diabetes or anyone who would like to learn more about the disease.

A series of four evening classes will be held in the teamwork room at the Corporate Commission Building on the second and fourth Thursdays of May and June from 5:30-7:30 p.m. (May 10 and 24 and June 7 and 21).

For more information about diabetes education classes, contact me at 320-532-7790.

Family meal night

The diabetes program will host this month's family meal night on Thursday, May 17, at the Isle (District IIa) Community Center at 5:30 p.m.

At family meal night, interested community members can learn healthy cooking tips and make a healthy meal together with their family. Community members also have an opportunity to ask diabetes program staff diet and weight questions while children participate in fun, physical activities.

For more information, contact me at 320-532-7790.

Gaming Expansion in the Mix as Legislature Nears Adjournment

By Jamie Edwards, director of government relations

As of this writing, the Minnesota Legislature is nearing the end of the 2012 session, and the possibility of gaming expansion is in the mix as legislators consider a bill to fund a new Minnesota Vikings stadium in Minneapolis.

Slightly different bills have worked their way through the House and Senate. Those differences would eventually need to be reconciled, but both bills legalize electronic pull tabs, electronic bingo, and sports-themed tipboards to help pay for the stadium. In fact, charitable gaming in Minnesota would nearly triple in size. Numerous legislators question whether this increase is realistic, and whether the taxes on charitable gaming would generate enough revenue to meet the state's funding commitment.

Nonetheless, the stadium bill is up for a floor vote in the House. In the Senate, the Taxes Committee is expected to be the last stop before the bill goes to

the floor. Many Capitol insiders believe the Taxes Committee may kill at least some parts of the bill, including an amendment making racino revenues part of the state's funding sources for the stadium. Many legislators oppose allowing racinos at Canterbury Park and Running Aces.

In order for the Vikings stadium proposal to pass both the full House and Senate, it would need 68 votes in the House and 34 in the Senate. If the House and Senate pass their respective versions of the stadium bill, it would then go to a conference committee to have the differences reconciled and Governor Dayton would need to sign it. (The City of Minneapolis, State of Minnesota, and the Vikings would all contribute to construction costs.)

Mii gwech to those of you who have contacted your legislators this year. A thorough update on legislative outcomes will be printed in the next edition of the *Inaajimowin*, but please go to www.millelacsband.com for the latest updates.

General Election Day Polling Places

Polling places are open from 8 a.m.-8 p.m. on
Tuesday, June 12

- District I Community Center, Onamia
- East Lake Community Center, McGregor
- Chiminising Community Center, Isle
- Lake Lena Community Center, Sandstone
- All Nations Indian Church – 1513 E. 23rd Street, Minneapolis

2012 Election Calendar

Provided by the Minnesota Chippewa Tribe

- May 11: Notice of Regular Election. TEC provides ballots.
- June 12: General Election.
- June 13: General Reservation Election Board certifies Election Results.
- June 14: General Reservation Election Board publishes Election Results.
- June 15: Deadline for Request for Recount.
- June 19: 4:30 p.m. – Deadline for Notice of Contest.
- June 20 (or 18th or 19th if Request for Recount is filed before deadline): Decision on Request for Recount and Results of Recount, if allowed.
- June 29 (or ten days from Notice of Contest, whichever is sooner): Deadline for Decision on Contest.
- July 3: Deadline for Appeal to Court of Election Appeals.
- July 6: Record of Contest forwarded to Court of Election Appeals.
- July 10: Last Day for Hearing on Appeal (hearing within seven days notice of appeal).
- July 17: Winning candidates assume office by operation of law, unless sooner seated, or the election is subject of appeal to the Court of Election Appeals.
- Ten days from Hearing on Appeal: Deadline for decision of the Court of Elections Appeal.
- Day following Decision of Appeal: Winning candidate prevailing on appeal takes office.

2012 Election Guidelines

A general election for Chief Executive, District I Representative, and School Board will be held June 12, 2012.

To vote in the general election, the following conditions must be met:

- Enrolled member of the Mille Lacs Band of Ojibwe.
- 18 years of age as of June 12, 2012.
- Reside in a district of the Mille Lacs Reservation 30 days prior to June 12, 2012.
- If you do not meet the 30-day residency requirement or have never resided within the district areas of the Mille Lacs Reservation, you must vote by absentee ballot.

How to request an absentee ballot

If you cannot vote in person on June 12 at one of the Band's polling places, you can vote with an absentee ballot by taking the following steps:

1. Request an absentee ballot

You can request an absentee ballot in one of two ways. The first is by filling out the absentee ballot request form below and mailing or faxing it to the Election Judge. Note that you MUST choose the district in which you would normally vote. If you or your family came from District I, II, IIIa, or III, you should vote absentee from that district. If you do not have familial or residential ties with a district, you should choose a district to vote from and consistently vote absentee from that area.

After you fill out your absentee ballot request form, mail it or fax it to the Election Judge at 320-532-4782.

Or, you can request an absentee ballot by calling 320-532-7522 or 800-709-6445. Ask for the Election Judge, Darcie Big Bear. If you leave a message, you MUST provide all of the information requested on the form, including the district from which you will vote, your full name under which you are enrolled, and your return address. If possible, PLEASE LEAVE A RETURN TELEPHONE NUMBER in case the Election Judge needs to contact you.

2. Follow up if you do not receive your ballot

Within a few days, you will receive an absentee ballot via mail. If you do not receive a ballot within a reasonable time – approximately FIVE days – please call the Election Judge at 800-709-6445, ext. 7522.

3. Complete your ballot and have it notarized

A Notary Public needs to notarize your ballot. Notaries are generally not hard to find and may be found at your local bank or even your post office. Make your choice of candidates, then sign the ballot in front of the notary. Do NOT fill out your ballot without a Notary Public witnessing you!

4. Seal your ballot and mail it in the envelope you are provided to the attention of the Election Judge

Mille Lacs Band of Ojibwe
General Election Board
Attn: Election Judge
PO Box 738
Onamia, Minnesota 56359
Any election questions can be directed to Darcie Big Bear at 320-532-7522 from 8 a.m.-5 p.m. Monday-Friday.

I acknowledge that I meet one of the MCT Election Ordinance criteria to receive an absentee ballot: (1) I live outside the reservation boundaries; (2) live within the reservation boundaries, but I will be absent from the reservation on election day; or (3) live within the reservation boundaries, but am physically disabled or too ill to vote in person.

Absentee Ballot Request Form

Mille Lacs Band of Ojibwe • General Election • June 12, 2012

I am requesting an absentee ballot for the June 12, 2012, general election.

My full name, which I am enrolled under, is:

Name: _____

Enrollment number: _____ Phone number: _____

Mailing address: _____

City: _____ State: _____ Zip: _____

District which I will vote for:

District I-Nay Ah Shing District II-East Lake, Isle District III-Lake Lena

Signed _____

For Office Use Only

In person: _____

Date voted: _____

Request received: _____

Phone: _____

Letter: _____

Fax: _____

Request form sent: _____

Request form received: _____

Ballot sent: _____

Ballot received: _____

Please note: Band members can fill this form out and send it in at any point in time from now until the day of the General Election. According to the Election Calendar, ballots will not be ready to be mailed out until May 11, 2012.

2012 Band General Election Candidates

Chief Executive

- Melanie Benjamin
- Herb Weyaus Sr.

District I Representative

- Sandra Blake, incumbent
- Alicia Skinaway

District I School Board Chairperson

- Kimberly Kegg
- Loretta Kalk
- Ruth Sam

District I School Board Member

- Dale Ballinger Day
- Semira Kimpson

District II School Board Member

- Cheryl Miller
- Eloise Wind

Department of Labor Updates

By Deb Campbell, Department of Labor lead instructor

Free online course

Central Lakes College is offering a free online knowledge worker class to those who want to hone their workforce skills. The first three hours of the course will be held at the Mille Lacs Band Department of Labor computer lab on Thursday, May 17, from 1:30-4:30 p.m.

The remaining 13 hours of the course are web-based and include a combination of online discussions, course research, and independent study. Some of the themes that will be covered include an introduction to online learning, career pathways, and innovation and technology in the workplace.

The grant-funded course is free for all students. To be eligible for this course, students should have some basic computer skills and Internet access. Registration forms are available at the Department of Labor office. For more information, contact Deb Campbell at 320-532-4741 or 800-922-4457.

CDA training for early education faculty positions

The early education department will be expanding its staff this fall with the opening of its new District I facility.

The department is looking for child development associates (CDAs). All early education teaching staff and assistants are required to have CDA certification.

An orientation will be held on Thursday, May 10, at 1:30 p.m. for anyone who is interested in the CDA training program, which includes self-study workbooks, support groups, and paid internship possibilities. More information about the CDA training program will be provided at the orientation, which will be held in the Department of Labor classroom at the Mille Lacs Band Government Center. To register for the orientation, call 800-922-4457 or 320-532-7407.

Department of labor classroom hours

The department of labor offers classroom hours in each district for Band members who would like assistance with resumes, cover letters, online job searches, computer skills, and GED exam preparation. Following are the weekly classroom hours in each district:

District I department of labor classroom

- Mondays, Thursdays and Fridays from 9 a.m.-5 p.m.
- Tuesdays from 1-5 p.m.
- Wednesdays from 9 a.m.-8 p.m.

District II East Lake Modular

- Thursdays from 10 a.m.-3 p.m.

District IIIa Chiminising Center

- Tuesdays from 1:30-4:30 p.m.

District III Lake Lena Community Center

- Wednesdays from 10 a.m.-3 p.m.

Housing Department Updates

By Richard Hill, housing department general manager

State agencies present information on methamphetamine

The Mille Lacs Band, the Minnesota Department of Health, and the Minnesota Department of Human Services collaborated on presentations about the effects of environmental contaminants such as methamphetamine, other drugs, and household cleaners. Chief Executive Marge Anderson, the Elder committee, Mille Lacs Band housing department staff members, and representatives from Red Lake, Fond du Lac, and White Earth tribes attended these presentations.

Larry Southern from the Minnesota Department of Health presented information about the latest meth manufacturing methods and what signs and chemicals to look for in a home.

According to the Mille Lacs Band housing department, contaminated homes need to be aired out for 24 hours before any work can be performed to reduce the risk of airborne contaminants. Mille Lacs Band housing department staff then wash the affected area(s) and clean the ventilation system.

Staff members take protective measures to reduce the health risk of contacting meth residue. Secondhand smoke residue from meth usage can cause harmful health effects, but the longer the house is aired out, the less harm the residue will cause.

Larry commended the Mille Lacs Band housing department for being one of the only agencies in Minnesota that tests all of its homes for drug activity and cleans them accordingly.

Donald Moore and Denise Lindquist from the Minnesota Department of Human Services provided key information about how to identify household contaminants and safety concerns during home inspections.

Additionally other physical signs on their property may

indicate drug use. For example, a home that is being used as a meth lab may have windows covered all the time, key ingredients for the manufacturing of drugs, security cameras, and an abnormal amount of garbage.

Thank you to everyone who attended for making this presentation a success. If you have any questions or concerns regarding this issue, please contact Richard Hill at 320-532-7415.

Funding for weatherization program

The Mille Lacs Band weatherization program was funded by the American Recovery and Reinvestment Act (ARRA). The program will now be funded through the U.S. Department of Energy.

The weatherization program has been a huge success, serving a total of 145 Band members at a cost of \$685,406.

- From 2008-2009, 12 Band member homes were weatherized for \$38,110.
- From 2009-2012, 90 Band member homes were weatherized for \$536,730.
- Nine Band member homes will still be weatherized in 2012 for \$33,494.
- From 2009-2012, the furnaces in 11 Band member homes were fixed for \$11,073.
- From 2011-2012, solar panels were installed in 11 Band member homes through a Sustainable Energy Resource for Consumer (SERC) grant. Solar panels will be installed on approximately 21 more homes this year.

Depending on the age and original condition of the home, clients should see 10-70% savings on their energy usage. To maximize the energy savings, clients will need to follow the recommendations provided during the weatherization process.

Mii gwech to all of the weatherization staff who have made this program a success.

Circle of Health Updates

By Circle of Health staff

Claims processing groups

Last month Tammy Smith joined our claims processing team. The new alphabetical assignments to each claims processor will take effect immediately:

- A-G: David Boyd
- H-P: Roberta Lemieux
- Q-Z: Tammy Smith

Mille Lacs tribal community health plan

We are pleased with the relatively smooth transition of the phase one and two groups into the Preferred One Mille Lacs Tribal Community subgroup (MLTC). If you live in Minnesota and are on a private health plan other than MCHA (Minnesota Comprehensive Health Association), please contact Dawn Chosa at 800-709-6445 or 320-532-7477 at your soonest convenience. You are eligible for the MLTC on the next open enrollment date. Open enrollment dates are on the first day of January, April, July and October each year.

Band members who live in Minnesota and are on COBRA health insurance will be the next group to transition to the MLTC plan on July 1. Band members in this group will receive a letter and an enrollment form by mid-June.

If you should lose your job and need COBRA coverage, please contact your claims processor immediately. Circle of Health will continue to assist with COBRA premiums based on eligibility and enrollment dates for the MLTC plan.

As a reminder, all Band members who are transitioning to the MLTC plan need to provide us with a copy of their

new Preferred One insurance cards (front and back). Providing proof of insurance coverage is not only required to utilize your Circle of Health benefits, but it also allows us to assist you and your providers in all aspects of benefit approvals and claims processing.

Finally, all Band members who have not yet been affected by MLTC should continue to utilize Circle of Health as they have. All future phases will be published in the monthly update and eligible Band members will be notified by mail.

Medicare reimbursements

Band members are reimbursed for their Part B and Part D Medicare premiums on the second Friday in January, April, July and October. If you have not yet submitted your 2012 award letter (benefit statement), please do. If you need assistance obtaining a copy of your letter, contact your claims processor for assistance.

Also, please notify your claims processor of any address or telephone number changes.

Circle of Health survey

Thank you to all Band members who have submitted Circle of Health surveys. We appreciate the comments, suggestions and feedback. All responses will remain confidential.

If you did not receive a survey, please contact our office at 320-676-8235 or 800-491-6106 to have one sent in the mail. Surveys will also be available at each district's community meeting in June. Don't forget to send us your surveys by July 31 to be entered into the \$200 Walmart gift card drawing, which will be held in August.

Trials Amongst Tradition

(Continued from page 12)

non-infested waters." Related steps also must be taken for boats, trailers, livewells and bait containers.

"This is the only lake they can gill net in the spring," Taylor said of keeping zebra mussels at bay. "When they (tribal netters) are done, they string them up for a couple of weeks. And if they're on other lakes, there's a bleach solution that they have to use (on the nets to deter zebra mussels). We're on the same page as the

state (with the DNR at each access, checking for invasives)."

Having disposed of the single zebra mussel found at the access, Kalk looked around at the lake that has been a part of his life since he was a child.

"I have a love for the lake that anyone who has spent 35 years on the lake would have. It's our responsibility to take care of the lake. I want my grandchildren to enjoy it. It's not just a today thing."

By Brian S. Peterson

Band Youth Attend Native American Lacrosse Clinic



Photo courtesy of Justin Beaulieu

At the Minnesota Swarm Lacrosse clinic, several Band youth learned about the rules, practiced lacrosse skills, and scrimmaged with other participants.

In March more than 30 Mille Lacs Band Boys & Girls Club members from all four district clubs attended a Native American lacrosse clinic featuring Minnesota Swarm coaches and players at the Xcel Energy Center in Saint Paul. American Indian youth from the Saint Paul American Indian Magnet School and other tribal communities also attended the clinic.

During the event, Band youth learned about the rules of lacrosse, practiced lacrosse skills, and scrimmaged with other participants. After the scrimmage, Band youth had a pizza party in the Xcel Energy press room. During the meal, they learned about the value of money management and savings during an interactive presentation by MidCountry Bank employees.

After the clinic, they attended the Swarm game.

"The Swarm clinic was a great opportunity for our kids to learn more about lacrosse, which is an important part of our heritage," said Justin Beaulieu, Mille Lacs Band Boys & Girls Club director. "On the way home, the kids couldn't stop talking about how much fun they had and how great the sport is."

The clinic was part of the Swarm's Native American initiative, which was launched in 2010 to help restore the tradition and heritage of lacrosse to Minnesota's tribal communities.

The Boys & Girls Club is working with the Swarm to develop a lacrosse program on the Mille Lacs Reservation. The goal of the program would be to practice two times per week and eventually scrimmage against other tribes. Details of the program are still being finalized.

Band Member Opens Furniture Store in Garrison

Mille Lacs Band member Sarah (Oswaldson) Crannell and her husband Greg Crannell recently opened Next To New Home Furnishings near Garrison.

Sarah grew up on the Mille Lacs Reservation and graduated from Nay Ah Shing in 2005. Along with the store opening, Sarah is currently employed with the Band member legal aid department.

Her inspiration for the business came from years of experience hosting community garage sales with her grandpa, Bob Oswaldson. "When I started doing garage sales, I noticed a lot of people buying household

items and realized how much fun it is to help out the community and spend time with my family," said Sarah. "That is kind of how the business evolved."

The store, which offers a wide variety of new and gently used household items, has been open since early April. It is located five miles north of Grand Casino Mille Lacs and one mile south of Garrison. Sarah, Greg and their 10-month-old son, Carter Crannell, are planning to host a grand opening event soon.

For more information about Next To New Home Furnishings, contact Sarah or Greg at 320-250-6779.

Public Health Department Updates

District III WIC meeting rescheduled

By Kari DiGiovanni, WIC coordinator

The first June District III WIC clinic day has been rescheduled for Wednesday, June 6. District III WIC clinics are normally held on the second and fourth Wednesdays of each month. The regular schedule will resume in July. If you have any questions or concerns, contact Joanne Boyd at the WIC office in District I at 320-532-7821.

Skin Cancer Prevention Month

By Allison Harr, all districts MCH coordinator

May is Melanoma/Skin Cancer Detection and Prevention Month. With summer approaching, taking proper care of your skin should be a priority.

Sun exposure is the most preventable risk factor for all skin cancers. Here are some sun safe tips to consider when spending time outdoors:

- Generously apply a high-SPF, water-resistant sunscreen every two hours, especially after swimming or sweating
- Wear protective clothing such as a wide-brimmed hat and sunglasses
- Seek shade when appropriate – the sun's rays are strongest between 10 a.m.-4 p.m.
- Use extra caution near water and sand because they reflect and intensify the sun's rays, increasing your risk of sunburn
- Avoid tanning beds, which expose your skin to ultraviolet light that can cause skin cancer and wrinkles

Early detection of suspicious skin lesions and moles increases the likelihood of successful removal and remission of skin cancer. Regular self-examinations and dermatologist visits will help improve detection.

During a self-examination, search for irregular moles or skin spots. Use the following ABCDEs to help identify suspicious moles and lesions:

- Asymmetry: One half of the mole/lesion is unlike the other half.
- Border: The mole/lesion has an irregular, scalloped or poorly defined border.
- Color: The mole/lesion is varied from one area to another; has shades of tan, brown or black; or is sometimes white, red or blue.
- Diameter: The diameters of moles/lesions affected by melanoma are usually greater than six millimeters (the size

of a pencil eraser) when diagnosed, but they can be smaller.

- Evolving: The mole/lesion looks different from others or is changing in size, shape or color.

For more information about skin cancer, talk to your primary health provider or visit www.melanomamonth.org or www.skincancer.org/skin-cancer-information/melanoma.

Mental Health Month

By Jackie Jensen, registered nurse

May is Mental Health Month. Did you know that one in every four American adults lives with a diagnosable mental health condition?

Mental Health Month was created more than 50 years ago to raise awareness about mental health conditions and the importance of mental wellness for everyone.

Types of mental health conditions in our community include ADHD, anxiety and panic disorders, bipolar disorder, eating disorders, grief and bereavement, depression, schizophrenia, trauma, dementia, obsessive compulsive disorder, and paranoia.

Mental health conditions are common, and individuals who seek treatment can go on to lead fulfilling and productive lives.

But as many as half of the people living with mental health issues never seek help due to the stigma of mental illness, lack of information, or lack of insurance coverage.

Treatments for mental health conditions vary with each case. Counseling or medication are common, effective options.

Also, engaging in physical activity, maintaining strong relationships with others, getting enough sleep, eating well, and seeking help if needed are all ways to help stay in control of mental health conditions.

Most insurance companies and Medicare help pay for mental health treatment. Other resources include 800-273-TALK (8255), a free, 24-hour crisis hotline; and www.mymoodmonitor.com, a mood monitor, self-assessment website.

Gego Zagaswaaken (Don't Smoke) program update

By Roberta Ladd, community health educator

Did you know that it only takes three puffs of a cigarette to become addicted? Most people have an unpleasant reaction

such as coughing, gagging or vomiting from inhaling these toxic chemicals or chewing commercial tobacco.

If you can inhale cigarette smoke or hold tobacco chew in your mouth without getting sick, you are already addicted. Commercial tobacco can be one of the strongest addictions, which is why it is important to seek help when trying to quit.

For more information about quitting smoking, contact the Gego Zagaswaaken staff at 320-532-7812.

Dangers of cigarette smoke during pregnancy

By Kim Willis, Gego Zagaswaaken community outreach coordinator

During pregnancy, it is extremely important to avoid smoking cigarettes and secondhand smoke exposure. Firsthand or secondhand smoke exposure has a profound negative impact on the unborn baby's development.

Women who smoke cigarettes or are frequently exposed to secondhand smoke have an increased risk for miscarriages, stillbirths, and premature labor. Their babies tend to have below-average birth weights, underdeveloped lungs, higher rates of cleft lips, and a higher likelihood to develop other severe problems later, such as asthma. They are also up to three times more likely to succumb to SIDS (sudden infant death syndrome).

Quitting is hard. If you are a pregnant mother who smokes or is exposed to cigarette smoke, find out how you can protect your unborn child by contacting me at 320-532-7760 or Roberta Ladd at 320-532-7812.

Drunk driving is preventable

By Kristy LeBlanc, prevention specialist manager

Almost 30 people in the United States die every day – or one person every 48 minutes – due to motor vehicle accidents. Many times these accidents are preventable, especially in the case of drunk driving.

The nation's annual cost of alcohol-related car accidents totals more than \$51 billion. The highest rates of drunk driving occur among drivers age 21-24.

After just one drink, a driver can begin to lose his or her ability to perform the tasks necessary to drive a car. Because alcohol dilutes itself in the water volume of the body in

order to pass through the system, vital organs that contain a lot of water – such as the brain – are vulnerable to its effects. In fact it can take six hours after drinking for the body to completely eliminate alcohol from its system if you have a blood alcohol content level of .08 g/dL (the legal limit).

The Mille Lacs Band prevention program encourages all Band members to be safe and designate a non-drinking driver if their plans involve alcohol. For more information, contact me at 320-532-7773.

Tribal Police Officer to Serve on Minnesota POST Board Panel

Mille Lacs Band Tribal Police Officer Derrick Nauman was selected to serve on the Peace Officer Job Task Analysis Panel in May.

The panel, which will be hosted by the Minnesota Peace Officer Standards and Training (POST) Board and facilitated by Ohio State University, will review law enforcement curriculum at higher education institutes in the state. Derrick plans to specifically address officer safety, fitness and nutrition, and structured field training programs.

Derrick will be joined on the panel by officers from police agencies across Minnesota.

Derrick has been a tribal police officer since 2007. He currently works the night shift in the Lake Lena area and is a certified field training officer, SWAT officer, and emergency medical technician (EMT).

"In my work for the tribal police department, I have been fortunate to receive high-quality training and work in a variety of environments with all levels of officers," said Derrick. "I hope to use my experience and skills to help positively shape the future of peace officer education in Minnesota."

"Derrick's experience policing Native American communities and working with other police agencies through mutual aid agreements will be an asset to this panel," said Tribal Police Department Chief Dwight Reed. "It is critical that future officers are well educated on these unique and challenging issues."

Get Ready for Summer by Cleaning Your Yard

By Richard Hill, housing department director

Your yard is a great place to enjoy the outdoors. But before you can truly enjoy the nice weather in your yard, you might need to do some spring cleaning.

During the winter months, leaves, branches, and other debris have likely collected in your yard. Removing this unwanted debris will not only beautify your yard, but it will also reduce places for infestations to grow.

Mice, snakes, bees and mosquitoes often breed or build their homes in old tires, vehicles, boats, or recreational equipment, so make sure you discard these items properly.

You will also need to give your garden attention so that your flowers and plants can bloom. Below are some tips to spruce up your garden.

- Remove dead annuals
- Weed your flower garden while the soil is damp to make it easier to pull up the weeds' roots
- Put mulch or wood chips in your garden to cool the roots of your plants, feed the soil, conserve ground water, and keep weeds at bay
- Edge your garden to stop your lawn from encroaching on your flowers or vegetables

Cleaning up your yard and your garden are great ways to get ready for summer.

Heating, Water, and Home-Related Maintenance Problems

If you live in a Mille Lacs Band-maintained home, call for housing maintenance service in your district. During regular business hours, please call our customer service representative at 800-709-6445, ext. 7799. If you live in a home not maintained by the Mille Lacs Band and need assistance after hours with utilities or heating, please call 866-822-8538. Press 1, 2 or 3 for your respective district.

Summer Weather and Emergency Preparedness Tips

By Monte Fronk, emergency management coordinator

Summer is often when the most severe weather can happen, from strong winds and heavy rains to thunderstorms and tornados. The Mille Lacs Band's emergency management division wants to share some resources to help Band members plan for severe weather and other emergency situations such as a fire or a power outage.

Weather updates

The emergency management division recommends that each Band household purchase a NOAA (National Oceanic and Atmospheric Administration) weather radio. Weather radios give advanced weather warnings before most radio and television stations because they are activated by weather service offices in Duluth and the Twin Cities. Weather radios are available at most major retailers.

The National Weather Service website (www.weather.gov) is

another great resource for severe weather updates. Visit www.nws.noaa.gov/emailupdates/index.php to subscribe to weather e-mail alerts for your area.

Emergency planning

The Federal Emergency Management Agency (FEMA) website offers a range of resources and tips to help create emergency family plans. Band members are encouraged to visit www.ready.gov/make-a-plan to find information about creating an emergency plan and <http://www.ready.gov/get-tech-ready> to subscribe to monthly preparedness tips via text message from FEMA. The benefits of having a plan in place allows everyone involved to feel safer and better prepared for any emergency situation.

For more information on emergency preparedness resources, contact me at 320-362-0435.

CITGO Grant Provides Energy Assistance to Eligible Band Members

By Richard John, energy and emergency assistance programs coordinator

Through a CITGO grant, the Mille Lacs Band emergency services department is now offering home heating assistance to low-income Band member families who reside in a house or apartment on the Mille Lacs Reservation.

For a limited time, Band members who qualify for the CITGO grant can receive a one-time benefit up to the equivalent cost of 100 gallons per household of oil or propane to help heat their homes. This free program is on a first-come, first-serve basis. Contact emergency services at 320-532-7880 to see if you qualify for heat assistance through the CITGO grant.

Tribal Noteboard

Happy May birthday:

Molly, 56 on May 16, from Budge, Kim, Sami, Chilah, Sonny, Jayden, Jordan, Debo and family • **Kayana** on May 17, from Auntie Barb and Kim • **Jeff Matrious**, 50 on May 3, with love from Toni • **Adrian Garbow** on May 5, from Ruth, Wanda, Lorna, Roger, Ben, Jay, Zach, and Quillin • **Jillian Garbow** on May 21, from Ruth, Wanda, Lorna, Adrian, Ben, Jay, Zach, and Quillin • **Judith Katherine** on May 12, from Mrs. B, Anthony B, Richard, Rachel, Kelia, RaiLei, Candi, and Cyrell • **Richard and Rachel** on May 14, from Kelia, Railei, Mom, Anthony, Candi, and Cyrell • **Elisse A.** on May 15, from Marlys, Anthony B., Richard, Rachel, Kelia, Railei, Candi, and Cyrell • **Cyrell Boyd**, from Mom, Dad, Rachel, Richard, Gramma and Grandpa Bushey, Papa Joe, Carrie Boyd, Maddy, Joseph, Kelia, and Raelei • **Phil Harrington Sr.** on May 23, from Carrie, Zachary, Jerry, Kira, Renae, Justo, Bentley, Mickey, Nadine, Charlotte, Corey, Whitney, Max, PJ, Leo, Nick, Rachel, Waylon, Val, Piah, Lil Kevin, Karen, Grandma AA, Jake, Jarvis, Max Dean, Mariah, Val, Lil Kevin, Nicole, Chris, Jameson, Cordell, Lil Chris, Jake, Jamie, Aiva, Marky, Brad, Rae, Bradley Eric, Kristy, Peyton, Braelyn, Eric, Wesley, Bruce, Jada, Jayla, Lili, Jay, Kate, Peep, Adam Parker, and DeBrenna • **Jayla Shaw** on May 19, from Mom, Dad, Craig, Tony, Jenai, Papa Turk, Grandma Michelle, and the rest of your family • **Jasmine Ballinger** on May 1, from your family • **Leoniece Ballinger** on May 11, from your family • **Jarvis Harrington** on May 5, from Mickey, Phil, Nadine, Charlotte, Corey, Whitney, Max, PJ, Rae, Waylon, Sharon, Wally, Ravin, Melody, Mom, Karen, Grandma AA, Shelby, Max Dean, Mariah, Val, Lil Kevin, Nicole, Chris, Jameson, Cordell, Lil Chris, Jake, Jamie, Aiva, Marky, Brad, Rae, Bradley Eric, Kristy, Peyton, Braelyn, Eric, Wesley, Bruce, Jada, Jayla, Lili, Jay, Kate, Peep, Adam Parker, and DeBrenna • **Shelby Harrington** on May 9, from Mickey, Phil, Nadine, Charlotte, Corey, Whitney, Max, PJ, Sharon, Wally, Ravin, Melody, Mom, Karen, Grandma AA, Jarvis, Max Dean, Mariah, Val, Lil Kevin, Nicole, Chris, Jameson, Cordell, Lil Chris, Jake, Jamie, Aiva, Marky, Brad, Rae, Bradley Eric, Kristy, Peyton, Braelyn, Eric, Wesley, Bruce, Jada, Jayla, Lili, Jay, Kate, Peep, Adam Parker, and DeBrenna • **Gramma G.** on May 1, with love from Jordan, Destanie, Shyla, Dallas Jr., Tina, Dallas Sr., Ma, Dad, Elv, and Bud • **Breeze Jean Marie Rogers**, 5, with love from Mom, Dad, Krystal, and the boys • **Vickey Verkennes**, 65 on May 7, with love from her oldest children • **Darryl Smith**, 19 on May 5, with love from

Heather, Lance, Robyn, Daniel, Thomas, and Tyler • **Jordan and Josh Smith**, 18, on May 25 with love from Heather, Robyn, Daniel, Thomas, and Tyler Virnig • **Jazmyn**, on May 4 with love from Mom, Dad, Evan, Papa Curt, Tyson, Jon, Eva, Jeff, and Gramma Lenore • **Dallas Anderson Jr.**, 16, on May 7 with love from Dad, Des, Shy, Jordan, Tina, Gramma Gina, Gramma Marge, and Papa Merlin • **Papa**, on May 11 with love from Des, Shy, Jordan, Tina, Dallas Jr., Dallas Sr., Gina and Nazz • **David Manny Smith** on May 8, from Mom, Dad, Lydia and kids, Elliott and kids, Liz, Dylan and kids, Keith, Sebastian, and Uncle Marvin • **Sunshine** on May 20, from Grandma June, Grandpa Gush, Mom, Dad, Amber, Sam, Dan, Chuck, Hunter, Elvis, Keith, Sebastian, Elliot, Ethan, Jasmine, Tyrese, Liz, Dylan, Dylan Jr., Malerie, Leroy, Manny, Courtney, and Curly • **Jasmine** on May 27, from Grandma June, Grandpa Gush, Dad, Ethan, Ty, Lydia and family, Keith, Sebastian, Liz and family, Manny, and Courtney • **Liz** on May 21, from Mom, Dad, Elliot and kids, Lydia and kids, Dylan and kids, Keith, Sebastian, Manny, and Courtney • **Mary Mac** on May 15, from Karen and family • **Sarah**, 22 on May 18, with love from Mom, Dad, and the rest of the gang • **Valerie Boyd** on May 9, with love from Mom, Dad, Samantha, Sarah, and all the kids • **David L. Thomas**, 10 on May 25, from Grandma Sami, Chilah, Sonny, Jayden, Jordan, Little Willie, Mom, Dad, Dayana, Drystin, and everyone in D2A • **Kimmy**, from Auntie Sam IGA Buchannon, and all the girls • **Maysun Jr.**, 8 on May 27, with love from Mom, Selena, Dante, Shawsha, Soul, DayDay, Gramma Vera, DeaLayna, Stone, Derek Jr., Franny, Danielle, Rachel, Joe, Simone, Joey, Donny, Sheila, Jim, Jeannette, and Bruce • **George Machen** on May 15, with love from Auntie Vera and all your cousins • **Theresa** on May 27, from your family • **Adyn Williams**, 3 on May 27, with love from Gramma • **Dallas** on May 7, from Mom, Nigel, brothers, sister, aunts, uncle, cousins, Papa, and Kokum • **Jathan** on May 6, from Mom, aunts, uncle, brother, sisters, cousins, Papa, and Kokum • **Ardel and Alexander** on May 17, from Mom, Dad, brothers, sister, aunts, uncle, cousins, Papa, and Kokum • **Thomas MacLean**, 4 on May 25, with love from Mom, Daniel Jr., Tyler, Robyn, and Lance • **Robyn Virnig**, 17 on May 20, with love from Heather, Daniel Jr., Thomas, Tyler, and Lance • **Eema**, 24, with love from Ron, Chey, Sam, Nate, Meech, Jason, Lala and ShayShay • **Manny**, 11, with love from Chey and family • **Brynley Sanchez**, 3 on May 26, with love from Mom, Isabel, Luis, Braelyn, and Grandma Pam • **Mariah**, 16 on May 31, love Mom, Dad, brother, Elias, Dede, Gramma Kim, Papa, Agnes, Karen, Tracy, Shelby, Max Dean, Aidan, Jarvis, Jacob, Sharon, Wally, Melodie, Chris, Nicole, Jameson, Cordell, Baby Chris, Jayla, Lileah, Aiva, Marky, Rave, Brad, Bruce, Jada, Jay, Lil Jay, Kate, Peep, Adam Parker, Randi, Rachel, Bradley Eric, Kristy, Braelyn, Peyton, Eric, Wesley, Phil, Mickey, Nade, Char, Corey Jr., PJ, Whit, Nae, Bentley, Sherry, Gabbi, Shawn, Marissa S, Marissa R, Samantha, Shaniah, and DeBrenna • **Marky**, 4 on May 12, from Mom, Dad, Agnes, Karen, Tracy, Shelby, Jarvis, Sharon, Wally, Melodie, Val, Mariah, Baby Kevin, Chris, Nicole, Jameson, Cordell, Baby Chris, Jayla, Lileah, Aiva, Max Dean, Rave, Brad, Bruce, Jay, Kate, Peep, Adam Parker, Basil, Randi, Rachel, Bradley Eric, Kristy, Braelyn, Peyton, Eric, and Wesley • **Elias** on May 17, with love from Valerie • **Dad** on May 17, with love from Dede • **Baby Sis** on May 12, love your brothers and sisters • **Doll** on May 12, from Rachel, Waylon, Mickey, Phil, Nadine, Charlotte, Corey, Whitney, Max, PJ, Sharon, Wally, Ravin, Melody, Mom, Karen, Grandma AA, Jarvis, Max Dean, Mariah, Val, Lil Kevin, Nicole, Chris, Jameson, Cordell, Lil Chris, Jake, Jamie, Aiva, Marky, Brad, Rae, Bradley Eric, Kristy, Peyton, Braelyn, Eric, Wesley, Bruce, Jada, Jayla, Lili, Jay, Kate, Peep, Adam Parker, and DeBrenna • **Taylor Paige** on May 19, from Rachel, Waylon, Mickey, Phil, Nadine, Charlotte, Corey, Whitney, Max, PJ, Sharon, Wally, Ravin, Melody, Mom, Dad, brother, Karen, Grandma AA, Jarvis, Max Dean, Mariah, Val, Lil Kevin, Nicole, Chris, Jameson, Cordell, Lil Chris, Jake, Jamie, Aiva, Marky, Brad, Rae, Bradley Eric, Kristy, Peyton, Braelyn, Eric, Wesley, Bruce, Jada, Jayla, Lili, Jay, Kate, Peep, Adam Parker, and DeBrenna • **Mom** on May 27, love Mariah and Kevin • **Valeria** on May 27, love Elias and Dede • **Michael Loso** on May 7, with love from Auntie Dawn.

Happy May birthday to Mille Lacs Band Elders!

Rebecca Agua
Merlin Anderson
Alvina Aubele
Elisse Aune
Brenda Beaulieu
Beverly Benjamin
Maurice Boyd
Denise Chamblin
Anthony Davis
James Davis, Jr.
Virginia Davis
Dale Day
Edna Day

Winona Evans
Lorraine Farah
Sharlene Fisher
Dale Garbow
Geraldine Germann
Harry Granger
Gertrude Hanson
Robert Heinze
Allen Hemming
Patricia Jackson
Molly Judkins
Clarabell Kruse
Cynthia Lester
Vera Mager
Mitchell Matrious
Dominic Mayotte
Janelle Meehl
James Mitchell
Pauline Mitchell
William Mitchell
Lawrence Moose
Ardith Morrow
Lorraine Nickaboine
Donald Olson
Betty Quaderer
Patricia Regginti
Geraldine Shingobe
Beverly Sutton
John Sutton
Victoria Verkennes
Herbert Weyaus
Sarita White
Larry Wind

Anniversary

Happy 17th anniversary to **Kristine and Kevin Hines** on May 8, with love from **Brent and Garrett**.

In memory

In memory of **Albert Murphy**
May 22, 1925 - December 24, 2008

Your battle is now over, no more tears flowing down your cheek, no more pain, no more suffering, now you are no longer weak. I still do not understand why this had to happen to you, but I am proud to say you are my dad, the greatest man I ever knew. Although you will not be here to walk me down the aisle, when that day comes I know you will be by my side with a smile. You were always there for me and never once made me cry, until the day you closed your eyes and had to say goodbye. Now you are my angel, so spread your wings out wide, please wrap them around me whenever you see me cry. Our time together was memorable and God took you way too fast, but the most precious thing to me was you being there for my first breath, and me being there for your last. Dad, we love and miss you dearly, however I know you are always with us watching over us.

Ojibwe Culture and Traditions

Grand Casino Mille Lacs To Celebrate American Indian Month

Grand Casino Mille Lacs is hosting its 15th Annual Powwow and Arts & Crafts Show in conjunction with AMVETS Post 53 on Sunday, May 6, at the Grand Casino Mille Lacs Events & Convention Center. Allen Weyaus will emcee the event.

Grand entries will be held at noon and 5 p.m. Registration for dancers and drum groups will open at 11 a.m. and 4 p.m.

The Arts & Crafts Show will be held from 10 a.m.-7 p.m. The registration fee for craft vendors is \$50 per table (an additional \$25 will be charged if electricity is required). Vendors must have a non-gaming business license and will need to set up their tables by 10 a.m. on the day of the event.

Grand Buffet will offer a special lunch voucher for all

Elders, dancers and drummers to use at 3 p.m. on the day of the event.

The event is free and open to the public. For more information on the event or to register as a vendor, contact Mallory Meredith at 320-532-8558 or e-mail her at mmmeredith@grcasinos.com.

American Indian Month

In 1915, the annual Congress of the American Indian Association approved an official American Indian Day. In 1916, New York became the first state to officially declare the second Saturday in May as American Indian Day.

Several states and the federal government also recognize November as National American Indian Heritage Month.

The Meaning of Powwows

By Larry Amik Smallwood, Mille Lacs Band Elder

We have many powwows throughout the year here in Mille Lacs, we have different kinds of powwows also.

The most important ones are the Big Drum ceremonial powwows that are used to pray for life and goodness for all Anishinabe people. They are held in the fall and spring, 26 weekends in all.

This is where people bring their asaymah (tobacco) to offer prayers to the Creator for the goodness of their selves, their children, and grandchildren.

These Big Drum ceremonies are not closed ceremonies but are open for people who need prayers and to just have a good social time. The only thing they ask is for people to have respect for the people who are speaking or praying and not to talk or laugh during this time. Also the children are to remain quiet and sitting at all times.

Our annual powwow held in August is a different kind of powwow. This is also referred to as a "traditional powwow." This is a powwow where all people are invited to come sing, dance and visit. The majority of the songs and dances are called inter-tribal and not restricted to a special dance category or age group. This is a good social inter-tribal dance celebration, with plenty of leisurely dancing for everyone to enjoy.

Our Hinckley Grand Celebration held yearly is a huge competition powwow that attracts dancers and singers from all over the U.S. and Canada. These dancers dance in certain categories such as jingle, fancy, traditional, grass, etc. Also they dance in different age groups such as junior, teen, adult and senior divisions. Male and female for all.

There are three major bodies that run competition powwows and traditional powwows. They are the powwow committee, the arena directors, and the masters of ceremonies. The powwow committee selects the type of powwow (traditional or contest) to be held and sets the agenda, the masters of ceremonies announce to the audience the agenda, and the arena directors make sure the right categories, age groups, and drums in line sing the appropriate songs.

Competition powwows need singing judges for the singing groups and dance judges (male and female) to judge the dancers. These judges are picked from the head judge from different areas such as different reservations and different states to make sure everyone gets an equal chance at the prize money.

The Mille Lacs Band is fortunate to have all three types of powwows. We have something for everyone to enjoy at these powwows.

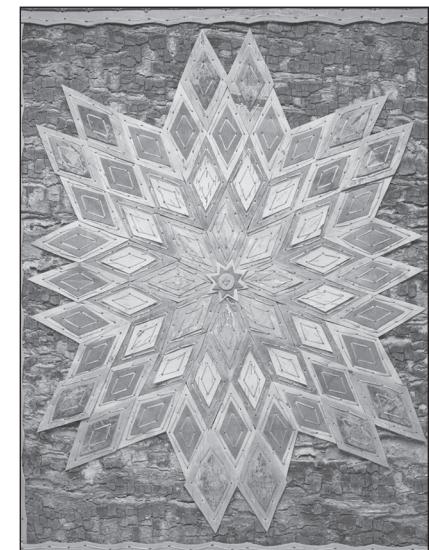
See you on the powwow trail.

Upcoming Mille Lacs Indian Museum Events

Kids craft workshop

Kids can enjoy light snacks and learn how to make a corn husk doll to take home. This project is recommended for children 10 years or older.

The workshop costs \$6 per kit and will be held on Saturday, May 5, from 11 a.m.-3 p.m.



Birch bark carving by Pat Kruse.



Bandolier bag by Cheryl Minnema.

Woodland pottery workshop

During the first class participants will learn how to dig clay, harvest the tempering agents, and construct their clay vessel. During the second class participants will finish their surface details and temper their clay vessel in the firing pit. This two-day class will be held from noon-4 p.m. on Saturday, May 12, and Saturday, May 19.

The workshop costs \$60 for the general public or \$55 for Minnesota Historical Society members and Mille Lacs Band members.

Participants are encouraged to register by May 9.

Please call 320-532-3632 for more information.

Memorial Day Powwow

Join museum staff and community members at the Mille Lacs Indian Museum's annual Memorial Day Powwow, hosted by AMVETS Post 53 on May 28 from noon-5 p.m.

This outdoor event is free and open to the public, but regular admission prices apply to visit the museum.

Mille Lacs Indian Museum features Band artists

The Mille Lacs Indian Museum is currently showing

21st Annual Grand Celebration Powwow

The 21st Annual Grand Celebration Powwow will be held at Grand Casino Hinckley on June 15-17. The powwow is one of the largest in the area and all Band members are invited and encouraged to attend.

Grand entry times are:

- 7 p.m. on June 15
- 1 and 7 p.m. on June 16
- 1 p.m. on June 17

Attendees are asked to bring their own chairs and drums to the powwow.

Camping is available during the event.

Calendar of Events

May 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*To Purchase Tickets Visit a Grand Casino box office, call TicketMaster at 800-745-3000, or visit www.ticketmaster.com	<i>If you would like an event included in the community calendar, please contact Kelly Sam at 651-292-8062 or write to Kelly at kelly@goffpublic.com</i>	1	2	3	4	5 Kids Crafts Mille Lacs Indian Museum 11 a.m.-3 p.m.
6 Powwow and Arts and Craft Event Grand Casino Mille Lacs	7 Narcotics Anonymous Red Brick House 6-7 p.m. Every Monday	8	District I Community Meeting District I Community Center 5:30 p.m. Contact: 320-532-7423	9	Chippendales* Grand Casino Hinckley 8 p.m. each night	10 All government offices close at noon 11 Cheap Trick* Grand Casino Mille Lacs 8 p.m.
13 Pine Grove Leadership Academy Meeting 5:30 p.m. Contact: Melanie Benjamin 320-384-7598 AMVETS Meeting Grand Casino Mille Lacs 6 p.m. Contact: Allen Weyaus 320-630-2988	14 District II Leadership School Board Meeting 4 p.m. Contact: Raina Killspotted 218-768-2345	15 District III Community Meeting Lake Lena Community Center 6 p.m. Contact: Katie Draper 320-384-6240	16 All-District Elder Meeting Hinckley ALU 11 a.m. Contact: Denise Sargent 320-532-7854	17	18	19 Woodland Pottery Workshop Mille Lacs Indian Museum Noon-4 p.m. Reba* Grand Casino Hinckley 7 p.m.
20	21	22	23	24	25 All government offices close at noon	26
27	28 All government offices closed for Memorial Day Memorial Day Powwow Mille Lacs Indian Museum Noon-5 p.m.	29	District IIA Community Meeting Chiminising Community Center 5:30 p.m. Contact: Lesley Sam 320-676-1102	30	District II Community Meeting East Lake Community Center 5 p.m. Contact: Jenny Waugh 218-768-3311 Urban Area Community Meeting All Nations Indian Church 5:30 p.m. Contact: Barb Benjamin-Robertson 612-872-1424	31 June 1 2
3	4	5	6	7	8	9

What Are Your Plans After Graduation?

Peter White-McDonald



"I'm leaning towards college at Fond du Lac Community College to study Native American history and to try to become some sort of counselor."

Ben Sam



"I am accepted into the physical therapy program at the College of Saint Scholastica honors program. I will be trying out for the baseball team this summer. My goal is to receive a doctorate of physical therapy and a B.A. in exercise physiology."

Brandi Jo Sam



"I am going to school at St. Cloud State University for occupational therapy."

Jessica Benjamin



"I plan on attending the University of Minnesota, Moorhead and majoring in medical technology."

Trials Amongst Tradition – Zebra Mussels, Netting Stigma Challenge Mille Lacs Band

The following article appeared in the April 14, 2012, edition of the Brainerd Daily Dispatch. It is being reprinted with the Dispatch's permission.

It flowed from the box of the pickup truck, through Brad Kalk's hands and into a tub at his feet.

Careful not to let the gill net touch the ground, Kalk pried his last walleye from the mesh, then picked at the bits of stringy weeds that also had gathered.

Kalk, commissioner of natural resources for the Mille Lacs Band of Ojibwe and a regular netter this young season, didn't have much to show for his efforts Wednesday morning at the Powwow Grounds access just off Highway 169 on Lake Mille Lacs — seven walleyes weighing exactly 10.20 pounds.

Yes, precision is of the essence here.

It was still early in the season — a season that started earlier than most, Kalk explained of the meager take of walleyes at the access that morning. Then, ever so casually, he produced a small rock. Clamped onto the rock was another resident of Mille Lacs — a zebra mussel about the size of a quarter. It was found at the access earlier that morning.

Tribal netting and zebra mussels are hot topics this time of year on the lake that is regarded as the premier walleye fishery in the state and also is listed as an infested waters — reportedly with, among other invasives, a booming zebra mussels population.

Kalk and Mike Taylor, chief conservation officer for the Mille Lacs Band DNR, say the tribe — one of eight netting and spearing this spring — goes to great lengths to make sure zebra mussels aren't transported via the tribal nets.

The same goes for the typical annual netting concerns. For years there have been reports of misconduct on the part of the netters — reports of dumped fish

carcasses and carelessness with — and ultimately lost — nets. And while Kalk and Taylor admit there are occasional wrongdoings, a rigid checks-and-balances system is in place so that every pound is accounted for in the band's pursuit of its allowable safe harvest of walleyes and northern pike, which always draws attention on the big lake.

The Mille Lacs Band doesn't take this responsibility lightly, Kalk said. Mostly, he said, it's a matter of respect — right down to the handling of the nets.

"Some tribes lay their nets on the ground. But here we're taught that these nets feed us and to respect the net," Kalk said as he cleaned his gill net. "We take them from the tub into another tub. We never let them touch the ground."

Then there's that stringent checks-and-balances system.

"When they pull their nets, a conservation officer is always present," Taylor said. "The size, weight and sex of the fish are checked. So it (the take toward the tribe's quota) is right down to the 10th of a pound."

Even getting a net in the water involves a process.

"You have to contact the license office prior to 11:30 a.m. the previous day and declare a landing, a time you'll pull the nets and the net I.D. number," said Taylor, who has worked enforcement in some capacity here since the mid-1990s. "You can set the net (that evening) or you have until 8 p.m. that day to cancel the set. And we have to be present before they pull the net. Then they pick out the fish and give them to a Great Lakes team (at each access) to creel."

Besides allowing the tribe to keep exact tabs on its take, the record-keeping system also aids Taylor and company in their investigation of any related offenses. For example, if, say, a pile of northern pike carcasses is illegally dumped, Taylor said he

can go back to those creel records to help find the culprits.

"You're going to have wrongdoers, but it's easy to go back to the creel sheets and do some investigating," Kalk said.

Taylor said that, each year, he writes about a half-dozen tickets, mostly for minor infractions.

"People try to get away with things," Kalk said. "That's why we have the checks and balances."

"We have to be (law abiding). You have to know the rules before you go. That you didn't know doesn't fly here."

Several years ago, some nets were lost when they slipped between lingering sheets of ice that shifted unexpectedly in the wind.

"If they lose a net, they don't get another permit until they find the net," Kalk said of the 100-foot-long by 4-foot-tall nets. "They have to get out and find the net."

Most every year in May, non-tribal anglers voice their concern about a possible conflict between netting and the state fishing opener. But Kalk said, "We stop netting when the season opener starts for public safety. We don't want to have a bunch of nets out there and have them get caught in a prop. That ruins a guy's weekend."

Walleyes netted Wednesday morning were typical in size. Taylor said the mesh is 1-3/4 inches to target the smaller fish.

"They're consistently under 20 inches and the average is 1.8 pounds (per fish)," said Taylor, who like most law enforcement with the Mille Lacs Band is not a member of the tribe.

Unlike, say, commercial tribal fishing on Upper and Lower Red Lake, Mille Lacs Band netters keep their fish, Kalk said. Most, including Kalk, donate their take to the tribal elders. And while the going was slow Wednesday morning, the result was four gallon containers full of fillets for the elders.

"They're filleted and donated to the elders. They're for the elders' food bank," Kalk said. "By doing that we make sure to provide them with the traditional foods. We have a lot of elders. It's always a treat (for them)."

Kalk, 50, who said he has lived on the Mille Lacs Reservation since he was a child, has been on the job for about a year-and-a-half. He said netting is the busiest and most visible season for the band, with wild ricing and deer hunting also included in the mix.

"With netting, the bounty is a walleye," Kalk said of the popularity of netting over ricing and deer hunting. "The intent here is sustenance. We want to implement it into our diets and live healthy."

Through Tuesday, the tribe had harvested 13,221 pounds of walleye and 4,184.8 pounds of pike, meaning it still has a ways to go to reach its quota of 28,428 and 8,250, respectively. It's not completely out of the ordinary for the tribe to fall short of its quota.

"We don't deal with hunting and fishing but for three months. The other nine months it's environmental issues that we're dealing with like any other natural resources department," Kalk said.

Such as zebra mussels.

"It's like a sleeping giant out there with zebra mussels," Kalk said. "That's been the most significant change with the environment (since he started on the job). Even with Eurasian milfoil, it's not nearly the same thing. We're not trying to keep it out. We're trying to contain it. It's had the most dramatic effect on the lake than anything else (in the last year-and-a-half)."

According to tribe regulations, "All nets and associated fishing gear ... must be dried for at least 10 days or frozen for at least two days before being used in

(Continued on page 6)

OJIBWE INAAJIMOWIN

June 2012

"The story as it's told."

Volume 14 • Number 6

State Legislature Acts on Issues Affecting Band

By Jamie Edwards, director of government affairs

The Minnesota Legislature's 2012 session officially ended on May 10. Throughout the session, the Mille Lacs Band worked hard to educate legislators about numerous issues that affect the Band.

Charitable gaming expanded to fund Minnesota Vikings stadium

After much debate, the Legislature passed the Minnesota Vikings stadium bill. The bill funds the state's \$348 million portion of the \$975 million stadium primarily through an expansion in charitable gaming – specifically electronic pull tabs and electronic linked bingo.

Proponents of the plan estimate more than \$500 million annually in wagers above and beyond existing charitable gaming – an amount that many are skeptical of. Based on this assumption, the state will collect \$57.9 million in new tax revenues per year starting in fiscal year 2014 (which starts July 1, 2013). If the state is unable to collect that amount, backup funding is slated to come from a 10% surcharge on stadium suites and a sports-themed scratch-off game through the Minnesota Lottery.

Meanwhile, racino advocates failed to garner enough support for passage of a bill that would allow slot machines at the state's race tracks. As a result, under the encouragement of the Governor Mark Dayton and Speaker of the House Kurt Zellers, Canterbury Park approached the Shakopee Mdewakanton Sioux Community to see if they could reach an agreement.

The result of that meeting ended years of conflict between the Shakopee community and Canterbury Park. It also led to legislation that allows enhanced card games at the state's race tracks. The tracks will be able to expand their poker rooms from 50 to 80 tables and offer higher betting limits (increasing from \$60 to \$100) and other table games, such as blackjack. Tribal casinos will also have the choice to offer simulcast betting on horse racing.

"We are excited about the opportunity this provision gives us to forge a cooperative relationship with the Native American Tribes to promote horse racing throughout the state," said Randy Sampson, Canterbury Park's president and chief executive officer.

Mii gwech (thank you) to everyone who contacted their legislators to urge them to oppose gaming expansion. Your efforts helped the Mille Lacs Band avoid a larger expansion of gaming, such as racinos.

We know that the threat of gaming expansion will continue to confront the Mille Lacs Band in the months and years ahead. If you have not yet signed up to support the Band and Grand Casinos in our effort to prevent gaming expansion, please sign up now by going to www.millelacsband.com and clicking on "Action Center."

Wolf hunt established

The Legislature passed a bill that sets up a gray wolf hunting and trapping season. Wolves were removed from the federal endangered species list last year. The Minnesota Department of Natural Resources has set a limit of 400 wolves during the inaugural season.

The Great Lakes Indian Fish and Wildlife Commission and many Ojibwe tribes – including the Mille Lacs Band – oppose the wolf hunt because wolves (ma'iingan) are significant in traditional Ojibwe teachings and considered as educators and brothers to the Anishinaabe people.

Indian education becoming higher state priority

Tribal and education representatives from around Minnesota, Minnesota Education Commissioner Brenda Cassellius, and Governor Mark Dayton gathered for the first-ever Governor's American Indian Education Summit this year. The summit focused on addressing challenges facing the state's Indian students and developing shared strategies to improve their achievement.

The Minnesota Department of Education is in the process of hiring a state Indian education director. The Mille Lacs Band will work closely with this person on issues related to Indian education.

Funding increased to fight invasive species

The Minnesota Legislature passed a bill that provides funds to the Minnesota Department of Natural Resources to help stop the spread of invasive species. Specifically the funding will help the state DNR better police and enforce boats entering and exiting lakes, including Mille Lacs Lake.

The Band's DNR is working collaboratively with the state DNR to address invasive species issues.

General Election Candidates

Chief Executive

- Melanie Benjamin
- Herb Weyaus Sr.

District I Representative

- Sandra Blake, incumbent
- Alicia Skinaway

District I School Board Chairperson

- Kimberly Kegg
- Loretta Kalk
- Ruth Sam

District I School Board Member

- Dale Ballinger Day
- Semira Kimpson

District II School Board Member

- Cheryl Miller
- Eloise Wind

Polling Places

Polling places are open from 8 a.m.-8 p.m. on Tuesday, June 12

- District I Community Center, Onamia
- East Lake Community Center, McGregor
- Chiminising Community Center, Isle
- Lake Lena Community Center, Sandstone
- All Nations Indian Church – 1513 E. 23rd Street, Minneapolis



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Grand Casino Hinckley Celebrates 20 Years



Commissioner of Corporate Affairs Gail Kulick spoke to guests at the Grand Casino Hinckley 20th anniversary celebration in May. General Manager Mel Towle and Chief Executive Marge Anderson (middle) also spoke.

Grand Casino Hinckley celebrated its 20th anniversary with a special event on May 3.

"Before Grand Casinos, poverty could be seen in every direction on the Mille Lacs Reservation," Marge Anderson, Mille Lacs Band Chief Executive, told the crowd. "After Grand Casinos opened, we finally had a successful economic development tool. We have not forgotten what poverty feels like, but the Band will continue making progress."

The event included a recognition of the casino's charter Associates, a congratulatory video message from Senator Amy Klobuchar, a special recognition letter from Senator Al Franken, and an unveiling of artwork that showcases the casino's job creation, growth, gaming excitement, and contributions to the area. This artwork will hang in the Grand Casino Hinckley Events & Convention Center for the rest of the year, and will then go to a permanent casino location.

During the event, Grand Casino Hinckley also donated \$20,000 (\$2,500 each) to eight organizations: Kettle Kinship in Sandstone, Pine Community Food Shelf in Pine City, W.I.N.D.O.W in Hinckley, Old School Arts Center in Sandstone, Family Pathways Food Shelf in Hinckley, Lakes & Pines Community Action in Mora, Make a Wish Foundation in Minneapolis, and Pine County Sheriff Department Volunteer Posse in Pine City.

"Grand Casino Hinckley takes its responsibility to the community seriously," said Mille Lacs Band member Mel Towle, the casino's general manager. "Donating \$20,000 to help celebrate our first 20 years was a natural way for us to recognize that responsibility."

See what a few Mille Lacs Band members who are charter Associates have to say about Grand Casino Hinckley on the back page of the newspaper. Mii gwech to all Associates!

Sarah Barten of Grand Casinos contributed to the writing and reporting of this article.

Early Head Start/Head Start Enrollment

Mille Lacs Band Early Education will be re-enrolling Early Head Start/Head Start children in June for the 2012-2013 school year. Parents/caregivers will be notified of appointment times. New children to the programs will be completed in July, and parents/

caregivers will be notified in late June of their appointment times. If your child is not on the current waiting list, please call or stop at the Lower School front desk for an application. If you have questions, call Gaylene Spolarich at 320-532-4690, ext. 2210.

Free Hearing Evaluations

To schedule an appointment for Friday, June 8, at Ne-Ia-Shing Clinic, call 320-532-4163. Walk-ins are welcome. We will do our best to serve you.

Hearmore Hearing has offices in St. Paul and Osseo. To schedule an appointment Monday through Friday, call the St. Paul office at 651-771-4019 or the Osseo office at 763-391-7433.

Boys & Girls Club Members of the Month

By Justin Beaulieu, Boys & Girls Club director

The Mille Lacs Band's Boys & Girls Club honored Band youth from each district as members of the month.

To be chosen for this award, participants must consistently have a positive attitude and willingness to learn and try new things. Additionally, club members must show certain leadership characteristics and attributes of a good role model.

District I



Aliyah Nickaboine



Molly Saboo

The District I Boys & Girls Club named Aliyah Nickaboine and Molly Saboo as the club's May members of the month.

"I like going to Boys & Girls Club because it is fun, and I like going into the gym," said Aliyah, a second-grader at Nay Ah Shing Schools.

"I like going to Boys & Girls Club because it's a really nice place," said Molly, a second-grader at Nay Ah Shing Schools.

District II

The District II Boys & Girls Club selected Phoenix Ballinger and Taeren Ballinger as the club's May members of the month.

Phoenix is a third-grader at Minisinaakwaang Leadership Academy.



He participates in all the club activities. His favorite hobbies are playing in the park, Play Station, and dodge ball. He has a positive attitude and a lot of energy.

Taeren Ballinger is a sixth-grader at



Taeren Ballinger

Minisinaakwaang Leadership Academy. He is well-mannered, participates in all the club activities, and enjoys helping the staff. Taeren's favorite activities are sports that involve running, and he also likes to play in the park with friends.

District IIa



Eldayshun Day

The District IIa Boys & Girls Club chose Isle Elementary fourth-grader Eldayshun Day as its May

member of the month.

"Eldayshun was chosen as the member of the month because of the great leadership skills he shows at the club," said Charlee Edwards, District IIa Boys & Girls Club coordinator. "He leads by example, has high attendance, and is always willing to help the younger members."

District III



Arriana Benjamin

The District III Boys & Girls Club honored Arriana Benjamin and Davonte Spears as the club's May members of the month.



Davonte Spears

Arriana, a first-grader at Pine Grove Leadership Academy, was the only member in her age group to achieve perfect attendance in May. She earned the most stars in the star program, a rewards program that merits stars for participation and performance. Arriana participates in six club activities. She has excellent behavior at the club and has earned the power hour award.

Davonte, a sixth-grader at Hinckley Elementary School, also had perfect attendance during May. He earned the second most stars in the stars program and participates in project learn and several athletic activities. He has a good attitude and behavior at the club.

Tribal Child Support Office Updates

By Amy Doyle, director of tribal child support

This month marks the one-year anniversary of the child support program. We would like to thank tribal courts, the office of management and budget, the department of labor, and the department of administration for being so helpful this past year. Mii gwech!

Accomplishments

Over the past year, we have developed many internal processes among partnering departments and counties to provide child support services to Mille Lacs Band employees and members living in all reservation districts.

Our program assessed every registered child support order in tribal courts to assure that all per capita garnishments were following Band statutes. Upon review, we were able to correct many orders that listed the monthly obligation amount as 50% of the individual's per capita payment, which according to the Band statute is the maximum amount that can be taken from a per capita payment for child support. Many of these 50% ordered amounts were higher than their monthly court-ordered child support obligation amount.

Prior to the start of our program, the Band statute stating 20% of the monthly child support obligation can be added to collect for unpaid child support debt (also known as arrears) was not properly followed by counties. Our staff has been educating various counties on Band statutes pertaining to income withholdings for child support and has corrected orders where counties were taking more than the 20% allowed for arrears.

Additionally, our program has taken over tribal TANF referrals for new case openings, which were previously being assigned to county programs. This process helps keep Band services consistent and convenient for clients of both programs.

To recap, in the past year our program has taken approximately 70 cases to court, performed six paternity tests, and is currently working with 1,200 cases. This program has become one of the top tribal child support programs of the 42 other comprehensive tribal programs in the nation.

Our collection reached nearly \$2.3 million this year. We are excited about the progress the program has made in such a short time, and we look forward to the program growing even more in the future.

Thanks to our hard-working staff and patient clients for a successful first year.

Reminders

Child support collection times are the Thursday and Friday the week following per capita distribution. The hours on Thursday are 8 a.m.-5 p.m. and on Friday are 8 a.m.-noon. Payments that are not picked up will be mailed Friday afternoon.

The child support enforcement case managers are available to assist with negotiations of public assistance arrears on child support cases with counties and states.

Anyone with a child support case has the right to request a case review every 33 months for possible modifications to their case. Understanding payment obligations can help payers avoid arrears and interest on those arrears.

Also, relatives who are the primary caregivers for children are entitled to child support from both parents.

The Minnesota child support agency may take certain enforcement actions to collect support. Enforcement actions include:

- Contempt proceedings for non-payment of support
- Credit bureau reporting
- Federal criminal prosecution
- Financial Institution Data Match (FIDM)
- Income withholding
- License suspension
 - Driver's license
 - Occupational license
 - Recreational license
- Passport denial
- Student grant holds
- Federal and state tax refund offsets

If you have any child support questions or concerns, contact our office for assistance at 320-532-7755. We are open Monday-Friday, 8 a.m.-5 p.m.

Making Indian Ed a Higher Priority in Minnesota

By Dennis Olson, Mille Lacs Band Commissioner of Education

The following column appeared in the May 9 issue of the Mille Lacs Messenger.

American Indian education in Minnesota has made significant strides in recent years, thanks in part to increased collaboration between the state's 11 tribes, public schools, and the state. Tribal leaders, state education officials, school administrators, and teachers are developing shared strategies to improve Indian students' achievement and address above-average dropout rates.

Many Mille Lacs Band students have expressed interest in learning more about the Band's history and American Indian history in general. To help better engage American Indian students, the Band's Education Department has worked with schools in Onamia, Isle, McGregor, Sandstone, and Hinckley to integrate Ojibwe history, language and cultural curricula into the classroom. A high number of Mille Lacs Band students are enrolled in these schools.

This Ojibwe curricula also benefits non-Indian students. Through a well-rounded cultural education, students learn to embrace and celebrate the unique culture and background of their classmates. Exposing students to a broad range of cultures enhances their tolerance and acceptance of diversity and prepares them to live and work in a global society.

Research shows that students are more engaged in school when they are taught by teachers from the same cultural background. The Mille Lacs Band Education Department is working to increase the number of American Indian teachers in school districts with high numbers of Mille Lacs Band students.

The Onamia Public Schools have had a strong Indian education department for several years. The department has four staff members who help teachers integrate Ojibwe lessons into general education classes. The staff members also provide additional support to Indian students outside the classroom. The district has seen significant improvement in truancy and absentee rates within the last year.

The McGregor School District also has dedicated staff members who help American Indian students both in and out of the classroom. The Band helps offset the cost of this by paying for one full-time Indian Home School Liaison and a part-time Ojibwe language teacher, who is a Mille Lacs Band Elder from East Lake.

The Mille Lacs Band places a priority on increasing access to cultural education at an early age. The earlier children are exposed to the Ojibwe language, the better they are able to retain it. In fact, some experts believe that students may never acquire a language if they have not been exposed to it before they reach the age of six or seven.

A new building for our District I early education department in Onamia is scheduled to be completed this summer. The new building will house our Head Start and Early Head start programs, which integrate Ojibwe language and cultural instruction into standard curriculum. Approximately 160 students ages 0-5 are enrolled in our early education programs across the entire reservation.

The Mille Lacs Band and other tribes are regaining our voices with regard to education at the state level. We believe that this will help us improve Indian education for our children and develop the next generation of Mille Lacs Band and Minnesota leaders.

The Newspaper of the Mille Lacs Band

OJIBWE INAAJIMOWIN

"The story as it's told."



Kelly Sam, Editor

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Please provide information by the 15th of the previous month.

Register for Classes at the Mille Lacs Tribal College

By Camille Naslund, Mille Lacs Tribal College director of higher education

The Mille Lacs Tribal College is recruiting students for the upcoming fall semester, which starts on August 27. The tribal college has several registration sessions scheduled during the summer.

On Wednesday, June 27, the tribal college will host an EZ enrollment day for all prospective students. Central Lakes College staff will be present to help assist students with college applications and course registration processes.

For students who are unable to attend the EZ enrollment day, the tribal college will provide free transportation to Central Lakes College (in Brainerd) for any students who need to complete the fall registration process. Transportation will be provided on the following Tuesdays and Wednesdays: July 10, 11, 17, 18, 24, 25, and 31 and August 1.

Students who use the transportation will be picked up at the Mille Lacs Band Government Center at 11 a.m.

and will return to the same location at 4 p.m.

Students planning to attend any of the registration sessions mentioned above should bring their photo ID and \$20 for the application fee.

For more information about fall registration, contact the Mille Lacs Tribal College's higher education office at 320-495-3702.

Free Academic Achievement Dinner

The Mille Lacs Band higher education office invites all Band members and first-generation descendants who graduated with a high school diploma, GED, and college or graduate degree to attend an academic achievement dinner on Thursday, June 21, from noon-4 p.m. at the Grand Casino Mille Lacs Convention Center's Biboon Room.

If you are graduating this year, contact the higher education office at 320-495-3702 or 866-916-5282, to verify that you are on the list of graduates to be honored.

2012 Election Calendar

Provided by the Minnesota Chippewa Tribe

- June 12: General Election.
- June 13: General Reservation Election Board certifies Election Results.
- June 14: General Reservation Election Board publishes Election Results.
- June 15: Deadline for Request for Recount.
- June 19: 4:30 p.m. – Deadline for Notice of Contest.
- June 20 (or 18th or 19th if Request for Recount is filed before deadline): Decision on Request for Recount and Results of Recount, if allowed.
- June 29 (or ten days from Notice of Contest, whichever is sooner): Deadline for Decision on Contest.
- July 3: Deadline for Appeal to Court of Election Appeals.
- July 6: Record of Contest forwarded to Court of Election Appeals.
- July 10: Last Day for Hearing on Appeal (hearing within seven days notice of appeal).
- July 17: Winning candidates assume office by operation of law, unless sooner seated, or the election is subject of appeal to the Court of Election Appeals.
- Ten days from Hearing on Appeal: Deadline for decision of the Court of Elections Appeal.
- Day following Decision of Appeal: Winning candidate prevailing on appeal takes office.

Boys & Girls Club Donation



Photo courtesy of Justin Beaulieu

Mille Lacs Band Boys & Girls Club Director Justin Beaulieu accepts a check from Ernie Stevens Jr., NIGA Chairman, at the Boys & Girls Club national convention in May. The check is a donation from Ernie's charitable organization called "The Spirit of Sovereignty Foundation." The donation will be used for the club's programming in each of the districts.

New Hire in Mille Lacs Band Legislative Branch



Billie Jo (Boyd) Sarcia

By Sandra Blake, District I Representative

The Mille Lacs Band's Legislative Branch welcomes Band member Billie Jo (Boyd)

Sarcia as the new administrative assistant to District I Representative Sandra Blake.

Billie Jo joined the legislative staff on May 7 with an associate's degree from Haskell Indian Nations University and the Minnesota School of Business.

"Billie Jo has strong organizational skills, dependability, and experience in operating her own business," said Sandra. "She also has previous administrative experience with Grand Casinos."

Billie Jo and her husband Salcedo Sarcia live in District I with their two children, Kiera (seven years old) and Brendan (one year old).

Guardian Ad Litem Training Offered in June

The Mille Lacs Band is in need of Guardian ad Litem (GAL) contractors. A GAL is a court-appointed contractor that makes recommendations in the best interest of a child. A GAL ensures the child has a safe, caring and stable home in family and juvenile case proceeding.

To become a certified GAL, you must complete a 40-hour pre-service training course offered by the state GAL

program followed by a three-month hands-on job shadow with an experienced GAL. GALS are contracted positions that do not offer benefits.

For those interested, Grand Casino will host a 40-hour GAL training course from June 25-29. Contact Heather Virnig at 320-532-7400 to register. Space is limited so reserve your spot early.

Circle of Health Updates

By Circle of Health staff

Mille Lacs Tribal Community plan

The next open enrollment period for the Mille Lacs Tribal Community (MLTC) plan will be July 1. We have sent letters to Band members who live in Minnesota and are currently on a COBRA plan. We have also sent second notice letters to those Band members who were eligible on April 1 and have not yet responded.

As a reminder, any Band member living in Minnesota who has either a COBRA plan or private insurance that is not through an employer or a state program (with the exception of Minnesota Comprehensive Health Association) must contact Dawn Chosa, HR benefits coordinator, at 320-532-7477 or 800-749-6445 to enroll in the MLTC plan. Enrollment forms are also available at the Circle of Health office. If you have questions regarding program eligibility, contact your claims processor for assistance.

Orthodontia policy

Orthodontia procedures (other than dentures) are typically limited to Band members ages 7-19. Contact your claims processor with any questions regarding eligibility or how to coordinate Circle of Health benefits with your primary coverage.

Denture policy

Dentures are now categorized as an orthodontia benefit. Contact your claims processor with questions regarding eligibility or how to coordinate Circle of Health benefits with your primary coverage.

Non-enrolled first-line descendants

It is our policy to recognize first-line descendants until the age of 18 (or the age of 23 if he or she is enrolled as a full-time student). The school must provide verification of full-time student status for benefits to continue. Also, the descendant must be active on a Band member's policy for co-pays and deductibles to be paid.

Updating information

Lastly, we would like to remind all Band members to update their contact information with Circle of Health, the Office of Management and Budget, and Tribal Enrollments each time there is a change in contact information. Please call, e-mail or fax any phone number or address changes to your claims processor. Also, note that you must submit any contact changes to each department (not just the enrollment office) as the information is not shared between departments.

Circle of Health survey

Thank you to all of the Band members who have submitted their Circle of Health surveys. We appreciate the comments, suggestions and feedback. All of the responses will remain confidential.

If you did not receive a survey to fill out, please contact our office at 320-676-8235 or 800-491-6106 to have one sent in the mail. Surveys will also be available at each district's community meeting in June. Don't forget to send us your surveys by July 31 to be entered into the \$200 Walmart gift card drawing, which will be held in August.

CITGO Grant Provides Energy Assistance to Eligible Band Members

By Valerie Harrington, Energy and Emergency Assistance Programs coordinator

Through a CITGO Grant, the Mille Lacs Band Emergency Services Department is now offering home heating assistance to low-income Band member families who reside in a house or apartment on the Mille Lacs Reservation.

For a limited time, Band members who qualify for the

CITGO Grant can receive a one-time benefit up to the equivalent cost of 100 gallons per household of oil or propane to help heat their homes. This free program is on a first-come, first-serve basis. Contact Emergency Services at 320-532-7880 to see if you qualify for heat assistance through the CITGO Grant.

Department of Labor Updates

By Deb Campbell, department of labor lead instructor

Free driver's education classes offered this summer

The department of labor is offering free driver's education classes to adults age 18 and older in Districts I, II and III this summer. The three-day, three-hour course will cover the information needed to pass the written driver's test.

Beginning this month, the department of labor will offer driver's education courses at the Hinckley Corporate Commission Building on June 21, 25 and 28 from 6-9 p.m.

In July, classes will be held in the District I department of labor classroom on July 11, 12 and 18 from 6-9 p.m.

Also, classes will be held in District II at the East Lake modular on July 31, August 1 and August 7 from 6-9 p.m.

The course is open to those who have never taken the written driver's test and those who are eligible to retake the written driver's test. Class size is limited, and participants must meet program eligibility.

After completing the course, the department of labor will provide transportation to the driver's license exam center in your area to take the written exam.

To pre-register and complete an application, visit the department of labor offices in District I or call 320-532-4741 or 800-922-4457.

"Native Wellness" initiative

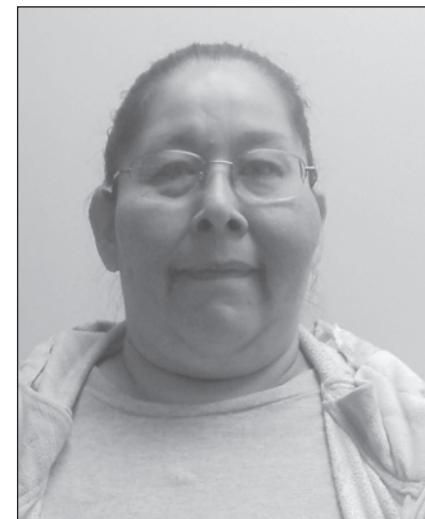
The department of labor's training and development unit is looking for Band Elders and members who are interested in enhancing recovery, healing and wellness within the Mille Lacs Band community as part of a new "Native Wellness" initiative.

The "Native Wellness" initiative is a holistic approach to healthy living that is based on traditional teachings, leading a balanced life, and personal growth. Community leaders, Elders, adults, and youth are encouraged to get involved in the initiative.

Groups are being formed within each district to organize a community-wide wellness effort. Summer group meetings are currently in the planning stage. Once a list of interested participants is assembled for each district, the participants will be invited to an orientation

meeting. For more information or to get involved, call 320-532-7407.

Band member receives GED diploma



Caryn Mitchell

Mille Lacs Band member Caryn Mitchell began her GED journey in 1990 when the District I Community Center was located where the Grand Casino Mille Lacs parking lot sits today. Since then Caryn has worked on her studies off and on and experienced many changes in the Band's GED program.

The announcement of the most recent exam change sounded an alarm for Caryn. As of January 1, 2014, anyone who has previously taken the GED exam but has not passed all five subject areas will have to take the entire exam over.

Having previously taken the GED exam, Caryn was 20 points shy of the score needed to obtain a diploma. After learning she would need to pass the exam before 2014 in order to avoid the new format and retesting in areas she had already passed, Caryn contacted the department of labor to begin preparing.

After studying hard, Caryn is now a proud recipient of the GED diploma.

"By receiving my GED diploma, I have opened many doors to new employment opportunities," said Caryn.

Upcoming GED exam dates

Band members who have yet to pass all five subject areas in the current GED test format are encouraged to register for the next round of testing sessions. The next GED exams will be held on August 10 and 17 at the Mille Lacs Band Tribal College from 10:30 a.m.-4 p.m. For more information or to register, contact Melissa Lupinek, chief examiner, at 320-223-3826 or 763-689-6230.

Band Member Promotions and Hirings

The Corporate Commission, along with Grand Casino Mille Lacs and Grand Casino Hinckley, are pleased to announce the recent hiring and promotions of the following Mille Lacs Band members (April-May):

New Hires

- Tara Benjamin, slot service verifier at Grand Casino Mille Lacs
- Skylor Weyaus, table games dealer at Grand Casino Mille Lacs
- Sierra Sam, table games dealer at Grand Casino Mille Lacs
- Damon Anderson, table games dealer at Grand Casino Mille Lacs
- Charles Houle, security officer at Grand Casino Mille Lacs
- Kymberly White, hotel room attendant at Grand Casino Mille Lacs
- Corrina Sheff, cage cashier at Grand Casino Mille Lacs
- Brianna Boyd, restaurant hostess at Grand Casino Mille Lacs
- Loren Anderson, buffet server at Grand Casino Mille Lacs
- Bruce LaFave, groundskeeper at Grand Casino Hinckley
- Corin Locke, buffet hostess at Grand Casino Hinckley
- Clinton Sutton, beverage utility at Grand Casino Hinckley
- Corgney Geshick, table games dealer at Grand Casino Hinckley

- Harold Knowlen, restaurant bus person at Grand Casino Hinckley
- Brandon Larsen, restaurant bus person at Grand Casino Hinckley
- Alex Matrious, restaurant bus person at Grand Casino Hinckley
- Dalton Roseland, restaurant bus person at Grand Casino Hinckley
- Dawn Roseland, restaurant bus person at Grand Casino Hinckley
- Lori Craker, human resources generalist at Grand Casino Hinckley
- Donald Jones, security officer at Grand Casino Hinckley
- Marco Shabaish, table games dealer at Grand Casino Hinckley
- Harold Davis, cashier at Grand Market
- Levi Kegg, stock person at Grand Market

Promotions

- Bradley Weyaus, John Thomas Jr., and Cody Thurstin have been promoted to security dual rate supervisors at Grand Casino Mille Lacs. Combined they have more than six years of experience in security and bring with them enthusiasm, dedication and a variety of skills.
- Sandra Anderson has been promoted to an executive host at Grand Casino Mille Lacs. She brings experience and unique talents that are valued by the hosted Guests.

- Amanda Warbonnet, spouse of a Band member, has joined the casino host team from the slot department at Grand Casino Mille Lacs. She has strong front-line experience dealing with many of the hosted Guests.
- Jeff Aubele was promoted from coat check (where he works during the winter months) to Grand National Golf Club as a ranger.
- Wendy Benjamin was promoted from coat check to groundskeeper. She works year-round with Grand Casino Hinckley in these two seasonal positions.
- Lorelei LaFave was promoted from coat check to groundskeeper. She enjoys gardening and brings five years of experience to her new role.
- Samuel St. John was promoted from coat check to Grand National Golf Club as a groundskeeper. Samuel enjoyed this job last year and decided to return for the summer season.

- Rosalind Leon has been promoted to a human resources generalist at Grand Casino Hinckley. Rosalind has been an asset to the human resources department and has gained a wealth of knowledge.

Interested in employment?

If you enjoy a fast-paced team environment laced with challenges and opportunities,

consider employment at any of the Corporate Commission's enterprises. The successful Associates we employ are service-oriented with integrity and commitment toward a common goal of excellence. The Corporate Commission's enterprises offer competitive wages, great benefits, and a great place to work.

In fact, Grand Casino Mille Lacs and Grand Casino Hinckley offer same-day, walk-in service, which means if you are a Band member interested in seeking employment, you can walk in, fill out an application, see the Gaming Regulatory Authority to obtain a gaming license, interview with a human resources rep, and potentially be offered a job – right on the spot. This is a unique service exclusive to Band members!

We'd love to contact you for future job postings. If you are interested in being contacted or updating your application, please submit your name, e-mail address, and contact information to bandmemberjobs@ccmlb.com.

The following human resources representatives will be able to assist you with any employment questions:

- Grand Casino Mille Lacs, Deb Matthews at 800-626-5825, ext. 8325
- Grand Casino Hinckley, Bonnie Matrious at 800-472-6321, ext. 4929
- Corporate Commission/ Non Gaming Businesses, Nicole Hyatt at 320-532-8844

Public Health Department Updates

District II health fair recap

By Mary Mercado, District II RN

The District II health fair at the East Lake Community Center on April 5 was a great success.

More than 72 community members attended the health fair, which featured several vendor booths displaying information about a wide variety of community programs and educational materials related to health safety, onsite testing, diet consultation, and more. Attendees had the opportunity to win emergency kits, towels, and air filters as door prizes.

Thank you to all the community members, vendors and volunteers who participated

in the District II health fair. We appreciate the educational booths and door prizes that vendors provided.

Also, thank you to the East Lake Community Center for providing the event space. The result of the health fair yielded a positive survey response from participants and requests to have another health fair in the future.

Fireworks Safety Month

By Kari DiGiovanni, WIC coordinator

June is Fire Works Safety Month. In anticipation of the upcoming Fourth of July holiday, the Mille Lacs Band Public Health Department would like to remind Band members to practice proper fireworks safety.

In 2010, 87 fireworks-related injuries were reported in Minnesota. Firecrackers, sparklers and rockets account for the most emergency room visits. Injuries from fireworks most commonly affect the hands, eyes, face and ears.

If you are planning to purchase fireworks this upcoming holiday, consider the following safety tips:

- Make sure fireworks are legal in your area before purchasing or using them
- Avoid buying fireworks that come in brown paper packaging, which can often be a sign that fireworks were made for professional displays and could be dangerous
- Keep fireworks away from young children
- Adults should always supervise firework activities
- Sparklers burn at temperatures near 2,000 degrees, which is hot enough to melt some metals
- Don't position yourself directly over the firework when lighting the fuse
- Never try to reignite or pick up fireworks that have not fully exploded
- Keep a bucket of water handy in case of a fire or other mishap
- Light one firework at a time and then move away quickly
- After fireworks explode, douse them with plenty of water before discarding them to prevent a fire

I Saved a Frog

Mille Lacs Band member Dr. Arne Vainio, who works on the Fond du Lac Reservation, shares his personal experiences in a series of articles in News From Indian Country.

I wanted this day to be over. This was Monday and I had been on call since Friday. Friday was a busy office day; after the clinic closed and I finished my chart work and phone calls, I drove 25 miles to Duluth to admit two hospital patients. Each admission typically takes an hour or so, which means 8 p.m. was the earliest I would be home. I called my wife, Ivy, and son, Jacob, to tell them to eat supper without me.

I was paged three times during my drive to Duluth. The first was from a new mom with a fussy baby and the second was from someone wanting pain medicines for dental pain. I told her we don't fill narcotics on nights or weekends and we don't cover dental issues. The woman on the phone got mad and said, "What the hell do you even do for us, anyway?" She hung up on me. The third call was from the Cloquet emergency room, which meant I had to drive 25 miles back to Cloquet to admit another patient after finishing the Duluth hospital admissions I had yet to start.

By the time I got home, it was 11:30 p.m. and I had a lot of pages to answer. Each call takes about five minutes, but they add up. Often I have to call in prescriptions, which means I have to navigate an automated phone system of pharmacy menus to leave prescription information. At 4 a.m. I had to go back to the hospital for a delivery. Fortunately, everything went well and I was home by 7:30 a.m.

After a quick shower, it was time to do hospital rounds which took until 6 p.m. to finish. During rounds, my pager was going off constantly and I had to return calls.

I was home by 7 p.m. and able to eat with my family. I went to bed at 10 p.m. At 11:30 p.m. I had to go in for another admission. I was home by 2 a.m. and fell asleep as soon as my head hit the pillow. At 3:30 a.m. I had to return to the hospital to change some orders on the patient I had just admitted.

I slept until almost 5 a.m., and then had to drive 25 miles to evaluate another patient. After two hours of exams, I sent the patient home.

Afterward I drove to Duluth for rounds and didn't get home until 4:30 p.m. At 7 p.m. I fell asleep.

At 11:30 p.m. I was paged by the emergency room to go in for another admission. I returned home at 2:30 a.m.

About an hour later I had to go in for a delivery and didn't finish until 6:30 a.m. It was now Monday morning, and I rushed home to take a shower. If I couldn't finish rounds before clinic, I would have to do them after my clinic day and I didn't want that to happen.

My last patient of the day was six-year-old Evan. He only said a few words, but I knew he was very smart. I had sent him to see a specialist and he was diagnosed with a pure articulation deficit, which meant he couldn't talk, but was otherwise fine. Evan always has a smile that makes me think he knows something everyone else doesn't.

After he left the room, he and his mom went to wait by the aquarium for a referral I had made. I was in the room finishing my chart work when Evan's mom came rushing back.

"Evan needs you by the aquarium right away. He thinks you can fix anything!"

I ran down the hallway and found Evan looking intently into the aquarium. Floating at the top of the water was an African Frog. The frog was totally white and not moving and Evan was clearly concerned. "Veesh! Veesh!" was all he could say as he pointed urgently.

I knelt down by him and looked into the aquarium. I started to explain to him that a frog is an amphibian and has to breathe air. Fish have gills and don't need to come up for air, but frogs do. As I was talking, the frog finished getting air and suddenly kicked hard and swam to the bottom. Evan slowly turned to look at me with his mouth open and his eyes were wide. His look of absolute awe left no doubt that I was responsible for the frog coming back to life. He raised both arms up in a victory salute and beamed at his mom.

As I was leaving for the day, Denise from medical records called out, "Dr. Vainio!" I turned around reluctantly as I didn't want to fill out another form or make another phone call.

Denise is constantly smiling and is always a bright spot in my day.

"Dr. Vainio, I heard you saved that frog!"

I thought back over my last three days. I really needed this one.

"That's right, Denise, I did save that frog."

Notice of Condemnation

SUMMARY The Commissioner of Community Development hereby gives notice that on the below date, a final determination was made to condemn two homes located on Mille Lacs Band Tribal owned land. The homes will be demolished and removed and any agreement issued for the home will be automatically cancelled and the land will revert back to the Mille Lacs Band of Ojibwe Indians. The addresses of the homes are listed below.

- 40139 US Highway 169, Onamia, MN
- 16517 Nay Ah Shing Drive, Onamia, MN

DATE: This determination was made on May 8, 2012.

FOR FURTHER INFORMATION, PLEASE CONTACT: The Commissioner of Community Development by writing them at 43408 Oodena Drive, Onamia, MN 56359

SUPPLEMENTARY INFORMATION: The Commissioner of Community Development for the Mille

Lacs Band of Ojibwe pursuant to MLBSA Title 13 Chapter 2 § 1001 (k) has the authority to inspect and ensure the safety of all buildings and facilities within the jurisdiction of the Mille Lacs Band of Ojibwe and to condemn the same when appropriate.

Notice of appeal

Any parties claiming to have an interest in the above mentioned properties will have 30 days from the date of this public notice was given to appeal the decision of the Commissioner of Community Development. The appeal must be in writing requesting for review of the action that is claimed to adversely affect the interested party making the request. Any appeals received after the 30 day time period will not be considered. In addition, if a person's claim is found to be valid the individual will have 90 days to obtain a valid lease and bring the structure into compliance with Health and Safety Standards at their cost.

Nay Ah Shing Garden



The eighth grade science club helped make a cucumber tunnel for the community garden.



Fifth graders at Nay Ah Shing School helped with weeding and preparing the garden.

Photos courtesy of Cindi Cooley

Three Hundred Band Members/Descendants Owed Money or Land Assets

Are you or a loved one on this list?

By Lisa Johnson, real estate director,
Mille Lacs Band Real Estate Office

The Office of the Special Trustee (OST) for American Indians – part of the U.S. Department of the Interior – is working to contact about 300 Mille Lacs Band members and descendants who have money deposited with the OST or maintain ownership in trust land.

You may not be aware of your money or the ownership that you are entitled to. You may also have been skeptical if you received a letter to this effect in the mail. However, the following list of Band members can be assured that this is NOT a scam. If your name is on this list, you have money or land assets worth between a few dollars and many thousands of dollars owed to you.

The OST refers to this list as the “whereabouts unknown list.” This only means that the OST has not had direct contact with these individuals. It may also mean that the person is deceased, in which case his or her heirs must contact the OST and have the person’s death certificate available. The most common ways to end up on the list include having an invalid or outdated address, or needing the beneficiary to verify his or her date of birth and address.

While the Band government has provided addresses to OST in the past, that is only the first step in the process and does not take any names off of the list. Only the individuals on the list can verify their identity, primarily because some of the assets are worth a significant amount of money.

By calling the OST, you will make direct contact, be able to verify your current address and telephone number, and learn more about your Individual Indian Money (IIM) account with the OST.

Where did the money come from?

The OST has the primary responsibility for managing IIM accounts and the resources (including land) that generate income for those accounts. The funds originated from a variety of sources, including commercial, industrial, recreational and agricultural land leases. Other sources include land sales, court

judgments, settlement awards, right-of-way uses, and grazing or range permits. These accounts have also been earning interest since day one of the account.

Contact information

Please call 218-751-4338 to reach the OST. If you have questions, please visit <http://www.doi.gov/ost>, call me at 320-532-7552, or stop by my office in the government center.

Names

Andrus, Gerald A
Andrus, Jack W
Andrus, Richard A
Andrus, Robert D
Andrus Gross, Mary M
Annen, Carla
Archambault, Josh W
Archambault, Margaret R
Aubid, Jamie L
Beachamp, Gerald Marvin
Beaulieu, Gerald D
Beaulieu, Marvin J
Beaulieu, Terry L
Benjamin, Billy J
Benjamin, Bruce
Benjamin, Cynthia
Benjamin, Emma
Benjamin, Jessica L
Benjamin, Randy E
Benjamin, Ricardo W
Benjamin, Ruby G
Benjamin, Stacey Allison
Benjamin, Terry G
Benjamin, Timothy Adam
Benjamin, Wendy M
Berg, Melissa L
Bixby, Pamela J
Boyd, Charles A
Boyd, Christina M
Boyd, Clarence R
Boyd, Daniel Jr
Boyd, Danielle
Boyd, Gwendolyn
Boyd, Lo Ann D
Boyd, Mary K
Boyd, Russell
Boyd, Vicky L
Boyd, Wayne T
Boyd Sr, Clayton Jay
Bradley, Rick C
Bradley Jr, David
Brenizer, Violet L
Brown, Ronald
Bruhn, Kathy A
Budeese, Joseph
Bugg, Adrian D
Bugg, John J
Bugg, Marcus L
Bugg, Marcus L
Bugg, Rose Marie
Bush Smith, Edith
Butcher, Ryan Allen
Cadotte, Annie Songetay
Carlson, Eva
Carlson, Laurie Marie
Carlson Jr, Vernon
Carter, Alice H
Cartwright, Donna
Cash, Rachel R
Cash Holmquist, Rose
Clark, Allison F
Clark Sam, Dorothy
Crazy Thunder, Alexander
George
Crazy Thunder, Winona
Katherine
Curtis, Viola M
Dahl Cash, Archie
Dakota, William T
Daly, Raymond C
Daly-Romero, Kathy A
Davis, Dean R
Davis Jr, James D
Day, Brenda L
De Foe, Geraldine
Dehyle, Jone L N
Dewolfe, Edward J
Dorr, Edward
Dorr, Ellagene
Dorr, Faith R
Dorr, James Joseph
Duggan, Lynd
Dunkley, Joseph D
Dunkley Jr, Donovan A
Edgington, Troy S
Fahrlander, Marc A
Fonder, Rina M
Frank Hurd Et Ux
Friend, Scott A
Friend, Troy L
Gale, Mary J
Gale, Mary Jane
Gale, Renee
Garbow, Byron
Garbow, Dale
Garbow, Gary R
Garbow, Joseph
Garbow, Lorna M
Garbow Jr, Samuel
Gomez, Fidel F
Goodman, Virginia
Goodsky, Tania R
Goodsky Jr, Harvey D
Graikowski, Henena
Griswold, Elizabeth Ann
Griswold, Kimberly Ann
Griswold, Nancy Ann
Hacker, Rose M S
Haglund, Cynthia L
Hahn, Diane J
Hanson Jr, Earle G
Hart Jr, Raymond J
Hegland, Delores
Herlofsky, Nancy P Rand
Hill, Blaise
Hill, Gary
Hill, Harold
Hill, James L
Hill White, Sarita Inez
Hill Jr, Frank
Huf, Marcus Christopher
Huff, Matthew Charles
Jackson, Dawn M
Jackson, Rosetta M Jones
Jackson, Timothy A
Jennie Gahbow (Or) Ain Dus
O Bequay
Johnson, Kathleen J
Johnson, Lawrence G
Jones, Corina M
Jones, Lisa G
Jones, Patricia C
Jones, Richard A
Kanassatega, August Drew S
Kaquatosh, Beatrice A
Kegg, Ernest Leroy
Kegg, Michael R
Kegg, Monica A
Kroschel, Victoria
Lafave, George V
Liebgatt, Myrtle
Loons, Betty J
Lucas, Marlan Wayne
Lyons, Janice R
Lyons, Lynn
Lyons, Orfrio/Chicco
Martin, Lisa M
Martin, Ramona L
Matlock, Basil D
Mayotte, Barbara Jean
Mayotte, Dominic Walter
Mayotte, Marie Linda
Mayotte, Robert Wayne
McDonnell, Mary A Rand
McKenzie, Daniel
Merrill, Robert E
Meshigaud, Rose M
Meyer, Shane
Mitchell, Amos
Mitchell, Amy
Mitchell, James
Mitchell, Jeffrey
Mitchell, Kenneth W
Mitchell, Kenneth W
Mitchell, Nicholas
Mitchell, Nicholas J
Mitchell, William
Mitchell, Letitian
Mojica, Carol Jean Boyd
Moltaji, Matthew O
Moore, Renee Denise
Moose, Jeffery John
Moose, Jenny M
Moose, Keven L
Moose Desjarlais, Edna

(Continued on page 9)

Owed Money or Land Assets

(Continued from page 8)

Moose Jr, Robert
Moose Smith, Charlene
Morrow, John G
Naygwonabe, Eunice
Nayquonabe, Beverly M
Nayquonabe, Bonita L
Nayquonabe, Victor D
Neeland, Bonita
Nichols, Victoria
Nickaboine, Aurelius J
Nickaboine, Carol J
Nickaboine, Gerald W
Nickaboine, Gloria J
Nickaboine, Joseph W
Nickaboine, Judith M
Nickaboine, Laureen J
Nickaboine, Maureen C
Nickaboine Aka Cruz,
Lorraine M
Noonday, Rose
Obrien, Ryan J
Pardon, Judy A
Pardun, Donna Jean
Benjamin
Passarelli, Anthony J
Pellerin, Eric
Premo, Alan R
Premo, George W
Premo, Steven E
Ramos, Joseph Anthony
Ramos, Tonia M
Ramos, Yvonne R
Rand, James Michael
Rand, John Delbert
Rea, George
Rea, Maria
Reynolds, Lisa D
Reynolds, Margaret C
Roberts, Elyse
Romero, Steve
Romero, Steve J
Rosengren, Arlene
Sam, Bradley T
Sam, Christopher E
Sam, Darlene Boyd
Sam, Dustin K
Sam, Elra J
Sam, Herbert James
Sam, Luther L
Sam, Nicolas R
Sam, Nicole J
Sam, Rhoda L
Sam, Robbin L
Sam, Roy D
Sam, Sharon L
Sam, Stella
Sam, Stephanie M
Sam, Steve L
Sam, Todd M
Sam Johnson, Naomi D
Sam Sr, David W
Sam, Jr., Clarence
Sargent, Jon L
Sayer, Carrie L

Shabiaish Sr, Delbert G
Shaugobay, David D
Shingobe, Kenneth D
Shoen Benjamin, Mary
Skinaway, Darlene
Skinaway, Edward Jr
Skinaway, Geraldine
Skinaway, Jeanette
Skinaway, Loris Marie
Skinaway, Warren Dennis
Skinaway Boyd, Darlene
Smith, Darryl
Smith, Loretta J
Smith Jr, David
Smtih, Marvin
St. John Jr, Frank
Stanley, Brandon L
Stanley, Jessica L
Staples, Ellareen
Staples, Rodney D
Stevens Boswell, Doris
Stewart, Dawne Marie
Stewart, Edward
Stewart, Tawnya Mary Lynn
Stewart, Toya Lynn
Sullivan, Dakota S
Sutton, Bobbie
Sutton, Sharon Lee
Sutton Beach, Shirley A
Sutton III, Clinton W
Taylor, Beatrice
Thomas, Andrea J
Thomas, Marcus R
Thomas, Phillip A
Thomas, Sami
Thurstin, Cody D
Thurstin, Jordan B
Thurstin, Matthew T
Tibbets Jr, Robert
Tiessens, Tenase M
Todd, Vanette L
Tolley, Susan E Rand
Vainio, Brandon Lynn
Vainio, Sherri Lee
Vainio Jr, Arne
Wade, Irene B.
Wade Jr, Lawrence E
Wadena, Diane
Waden, Jennifer S
Wanless, Melanie
Washington, Leila M
Weyaus, Daniel
Weyaus, Ginger Y
Weyaus, Phillip C
Weyaus, Timothy J
Weyaus, Twyla L
Weyaus, Vanessa Renee
Weyaus Sr, Walter J
Wheeler, Lisa
Wilson, Elizabeth A
Wind, Bobbie Joe
Wind, Emma
Wind Jr, Daniel
Wright, Hardy E
Yellowhammer, Patricia L

Work Training Program Seeking Suggestions for Local Projects

If you live on the reservation and know of a community project that would benefit people in your district, the Band's department of labor will soon want to hear from you.

"We want to have input from local Band members so that our projects will have a meaningful local impact," said Michael Kafka, executive director of the department of labor.

Michael is referring to the department's flex labor program – which has operated a bit differently as the day labor pool program for the past two years. The former program was designed to give unemployed Band members temporary employment, which often included assistance to Elders.

"Helping Elders with their lawn care and other projects is important, and will continue to be part of the program," Michael explained, "but now we are progressing to larger community projects in which local supervisors will help the participants gain valuable training in special skills."

Projects might include housing or vacant area cleanup, community gardening, traditional harvesting and gathering, tree planting, and other environmental, cultural, or community building projects.

Hiring community service leaders

To start working toward that reality, the department of labor

is seeking community service leaders for each reservation district and project ideas for each district.

The application period for people interested in becoming community service leaders will open shortly. Please watch for job postings on www.millelacsband.com.

Community service leaders will supervise workers in each district and serve as the contact person for local residents who have suggestions for work that should be done in their area.

Welcoming workers soon

"The flex labor program is a work training program – an opportunity to develop meaningful knowledge and skills," Michael said.

Applicants must be Mille Lacs Band members, at least 18 years of age, and fit for work. TANF clients in the urban area are also welcome to apply for urban flex labor work. Low-income guidelines apply.

Most jobs will be for the Mille Lacs Band, but some may be with a private employer. Participation in the program is limited to 720 hours total.

Any Mille Lacs Band member or TANF participant may apply for flex labor by contacting any of the district's department of labor offices and completing an application. Past flex labor applicants should update their files if they have not been placed in flex labor for six or more months.

"What Are Your Plans After Graduation?"

Jamie Boyd



"I plan to attend cosmetology school."

Sahen Davis



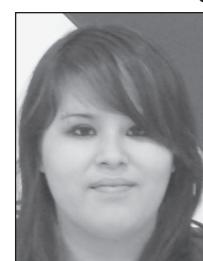
"I plan to work after graduation."

Amber Shingobe



"I plan to work after graduation."

Kelsie Shaugobay



"I plan to attend St. Cloud State University."

New Regulatory Review Committee

The Mille Lacs Band of Ojibwe Gaming Regulatory Authority (GRA), in conjunction with the Corporate Commission, has created a Regulatory Review Committee that is made up of GRA and operational staff. The committee's charge is to review the detailed gaming regulations and propose changes, with a focus on creating risk-based regulations while determining the best ways to mitigate those risks. This approach is intended to create a regulatory framework that meets the needs of both the GRA and Grand Casinos Hinckley and Mille Lacs.

What are risk-based regulations?

Risk-based regulations are geared toward identifying the risks associated with an area and establishing internal controls that mitigate those risks. The committee is using the following objectives in establishing internal controls:

- 1) Executing orderly, ethical, economical, efficient and effective operations;
- 2) Fulfilling accountability obligations;
- 3) Complying with applicable laws and regulations; and
- 4) Safeguarding assets against loss, misuse and damage.

Review of background reviews and licensure regulations

The Regulatory Review Committee meets on a bi-weekly basis. The first couple of regulations reviewed by the committee are (1) DGR 7 Background Investigations and Licensure: Applicants and Licensees and (2) DGR 7b Eligibility Requirements for Licensure. The review of and changes to DGR 7b have already been approved by the GRA Board.

One change made to DGR 7b is the addition of a waiver process specifically geared toward getting Mille Lacs Band members licensed to be able to work at Grand Casinos.

Licensing requirements

The committee wants to eliminate confusion about the licensing requirements that individuals must meet in order to obtain a gaming license. Applicants for a gaming license can apply for a Class A, Class B, or Class C gaming license.

Class A: Departments and titles

- Anyone in the following departments or holding the following job titles are required to hold a Class A Gaming License:
 - Gaming Entities: Bingo, Table Games, Card Games, Directors, Finance, Education and Performance, General Managers, Information Technology, Managers, Marketing, Pull Tabs, Security, Slots, Vice Presidents, Executive Administrative Assistant
 - Corporate Commission: Corporate Commission Board, Commissioner, Executive Administrative Assistant, Administrative Assistant, Attorney, any Vice President, Director, Manager, Accounting, Finance, Internal Audit, Investigator, Marketing, Information Technology
 - Gaming Regulatory Authority: All personnel

Class A: Licensing requirements

- Cannot have a felony or gross misdemeanor for the following crimes:
 - o Gambling
 - o Criminal sexual conduct convictions (1st-4th degree, including but not limited to rape, attempted rape, and criminal sexual conduct with a juvenile. 5th degree criminal sexual conduct convictions require the licensee to follow the waiver process prior to being granted a license.)
 - o Fraud or embezzlement
 - o Misrepresentation
- No felonies or non-driving related gross misdemeanor (except for convictions that include homicide, neglect, or bodily injury) within the five-year period preceding application
- No pending felonies or gross misdemeanors
- No active warrants in any jurisdiction.
- No past due accounts over 180 days (6 months) and exceeding \$20,000
- The passage of at least five years since the applicant completed a period of incarceration exceeding 365 days)

Class C: Departments and titles

- Anyone employed by a gaming enterprise or the Corporate Commission except persons employed at the Corporate Commission small businesses or employed at a wholly owned Corporate Commission subsidiary who is not otherwise defined as a Class A or B licensee

Class B: Departments and titles

- Anyone in the following departments or holding the following job titles are required to hold a Class B Gaming License:
 - Human Resources and all Administrative Assistants that are not defined as a Class A licensee.

- Any licensee in the Hotel, Food and Beverage, or Golf departments that handle cash, credit cards, coupons, or comps.

- Any individual earning or having the potential to earn due to current grade level of \$50,000.00 or more during the fiscal year (including bonuses and incentives).

Class B: Licensing requirements

- Cannot have a felony or gross misdemeanor for the following crimes:
 - o Gambling
 - o Criminal sexual conduct convictions (1st-4th degree, including but not limited to rape, attempted rape, and criminal sexual conduct with a juvenile. 5th degree criminal sexual conduct convictions require the licensee to follow the waiver process prior to being granted a license.)
 - o Fraud or embezzlement
 - o Misrepresentation

- No felonies or non-driving related gross misdemeanor (except for convictions that include homicide, neglect, or bodily injury) within the five-year period preceding application
- No pending felonies or gross misdemeanors
- No active warrants in any jurisdiction.
- No past due accounts over 180 days (6 months) and exceeding \$20,000
- The passage of at least five years since the applicant completed a period of incarceration exceeding 365 days)

Class C: Departments and titles

- Cannot have a felony or gross misdemeanor for the following crimes:
 - o Gambling
 - o Criminal sexual conduct convictions (1st-4th degree, including but not limited to rape, attempted rape, and criminal sexual conduct with a juvenile. 5th degree criminal sexual conduct convictions require the licensee to follow the waiver process prior to being granted a license.)
 - o Fraud or embezzlement
 - o Misrepresentation

Class C: Licensing requirements

- Cannot have a felony or gross misdemeanor for the following crimes:
 - o Criminal sexual conduct convictions (1st-4th degree, including but not limited to rape, attempted rape, and criminal sexual conduct with a juvenile. 5th degree criminal sexual conduct convictions require the licensee to follow the waiver process prior to being granted a license)
 - No non-driving related felonies (except for

- convictions that include homicide, neglect, or bodily injury) or gross misdemeanors for the three years preceding application

- No pending felonies or gross misdemeanors
- No active warrants in any jurisdiction
- The passage of at least five years since the applicant completed a period of incarceration exceeding 365 days.)

Possible waivers to obtain licensure

All licensure classes have a waiver process that an applicant may request if he or she does not meet the licensing requirements. The waiver process being proposed for Mille Lacs Band members is:

Class A

(DGR 7b part III section 7: Waiver for Mille Lacs Band of Ojibwe Enrolled Members)

The restrictions in Part III shall not disqualify an enrolled Band member from licensure if the GRA board waives such restrictions in writing after the applicant has demonstrated to the board sufficient rehabilitation and present fitness to hold a license by showing the following:

A. A minimum of five years with no conviction of any felony or gross misdemeanor of any kind (including driving-related)

B. The passage of at least three years since the applicant completed a period of incarceration exceeding 365 days.

C. Affidavits from at least three persons unrelated to the applicant, who have known him/her for at least the preceding five years attesting to the rehabilitation

D. For any conviction, proof of compliance with any court-ordered treatment program or aftercare program

E. For any crime in which restitution is ordered by the court of jurisdiction, applicant agrees to payroll deduction to pay owed restitution

F. For any other crime, proof of sufficient rehabilitation as determined by the GRA board (The board may impose conditions on any license issued.)

G. The waiver process does not apply to the crimes listed in part III section 2 with the

(Continued on page 11)

New Regulatory Review Committee

(Continued from page 10)

exception of 5th degree criminal sexual conduct convictions

H. Nothing in this section compels the GRA board to grant the waiver

Class B

(DGR 7b part IV section 6: Waiver for Mille Lacs Band of Ojibwe Enrolled Members)

The restrictions in Part IV shall not disqualify an enrolled Band member from licensure if the GRA board waives such restrictions in writing after the applicant has demonstrated to the board sufficient rehabilitation and present fitness to hold a license by showing the following:

A. A minimum of one year with no conviction of any non-driving related felony or gross misdemeanor of any kind

B. The passage of at least three years since the applicant completed a period of incarceration exceeding 365 days

C. Affidavits from at least three persons unrelated to the applicant, who have known him/her for at least the preceding five years attesting to the rehabilitation

D. For any conviction, proof of compliance with any court ordered treatment program or aftercare program

E. For any crime where restitution is ordered by the court of jurisdiction, applicant agrees to payroll deduction to pay owed restitution

F. For any other crime, proof of sufficient rehabilitation as determined by the GRA board (The Board may impose conditions on any license issued.)

G. The waiver process does not apply to the crimes listed in part IV section 2 with the exception of 5th degree criminal sexual conduct convictions

H. Nothing in this section compels the GRA board to grant the waiver

Class C

(DGR 7b part V section 6: Waiver for Mille Lacs Band of Ojibwe Enrolled Members)

The restrictions in Part V shall not disqualify an enrolled member from licensure if the GRA board waives such restrictions in writing after the applicant has demonstrated to

the board sufficient rehabilitation and present fitness to hold a license by showing the following:

A. A minimum of six months with no conviction of any felony or gross misdemeanor of any kind (including driving-related)

B. Affidavits from at least three persons unrelated to the applicant, who have known him/her for at least the preceding five years attesting to the rehabilitation

C. For any conviction, proof of compliance with any court ordered treatment program or aftercare program

D. For any crime where restitution is ordered by the court of jurisdiction, applicant agrees to payroll deduction to pay owed restitution

E. For any other crime, proof of sufficient rehabilitation as determined by the GRA board (The board may impose conditions on any license issued.)

F. The waiver process does not apply to the crimes listed in part V section 2 with the exception of 5th degree criminal sexual conduct convictions

G. Nothing in this section compels the GRA board to grant the waiver

Band members' comments welcome

Band members may submit comments on the DGR 7b changes no later than 5 p.m. on June 4, 2012. Send comments to:

Executive Director
Office of Gaming Regulation & Compliance
Gaming Regulatory Authority
PO Box 343
Onamia, MN 56359
(Fax) 320-532-8893

Copies of the proposed changes can be requested at the GRA office or by calling 320-532-8887.

Upcoming Programs at the University of Minnesota Duluth

Minnesota Indigenous Youth Freedom Project

The Minnesota Indigenous Youth Freedom Project (MIYFP) will hold summer camps and workshops at the University of Minnesota Duluth campus throughout the summer.

The MIYFP project seeks to develop positive leadership skills among tribal youth between ages 13-17 and increase opportunities for youth to demonstrate and build their leadership capacity within their tribal community.

Summer camp participants will be provided with food, lodging and activities – at no cost. Sessions are divided into men's and women's cohorts and will be held the following dates:

- Young men's cohorts: June 24-29 and August 5-10
- Young women's cohorts: July 8-13 and July 15-20

For more information about MIYFP or to apply for a summer camp, contact Jamie Walt, program manager at the University of Minnesota – Duluth, at 218-726-6596 or jwalt@d.umn.edu. Applications can also be found on the MIYFP website at <http://www.d.umn.edu/enigikendaasoyang/MIYFP.html>.

Special education teacher licensure program

This fall the University of Minnesota Duluth and Augsburg College are accepting applications for a two-year post-baccalaureate online licensure program with a focus on special education teaching in tribal communities.

The two-year program in emotional behavioral disorders

and learning disabilities is designed for teachers and other professionals interested in special education teaching focused on the unique needs of American Indian learners.

The online program is ideal for those who wish to take courses remotely.

Students in this program are required to meet twice a semester in Hinckley. Financial aid is available for qualified students.

For more information or to apply, contact Trudie Hughes, program advisor, at thughes@d.umn.edu or Karen Mehle, program assistant, at kmehle@d.umn.edu or 218-726-6525, or visit www.d.umn.edu/enigikendaasoyang/naadamaadiwin/.

Principal and superintendent licensure program

In spring 2013 the University of Minnesota Duluth will offer a hybrid online learning program for students interested in becoming a principal or superintendent. The program will have a special emphasis on American Indian educational administration.

In order to be accepted into the program, students must have a master's degree in education. Students are required to meet with program instructors three weekends each semester. Financial aid is available for qualified students.

For more information or to apply, contact Diane Rauschenfels at djrausch@d.umn.edu or visit www.d.umn.edu/educ/programs/edad/.

Longest Walk III MN

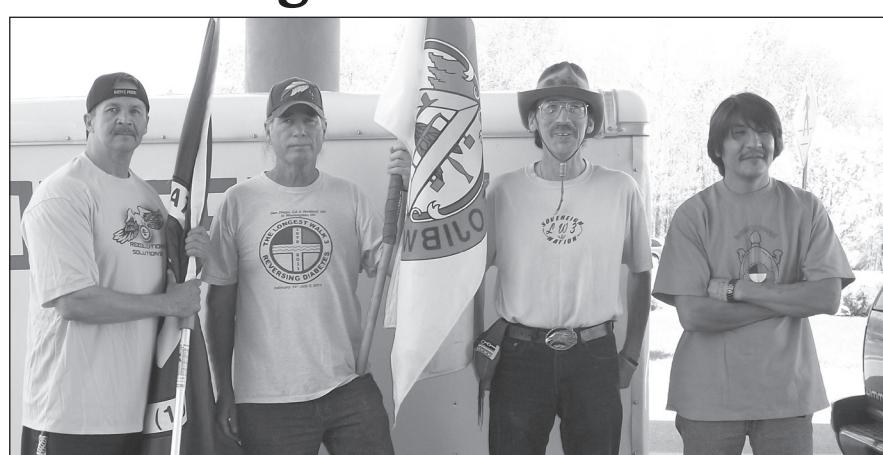


Photo courtesy of Grand Casino Hinckley

Last month the "First Annual Longest Walk III MN" completed its month-long diabetes awareness walk in Mille Lacs. The walk, which was coordinated by Leech Lake Band member and diabetes advocate Dean Williams, began on April 22 and finished on May 29. During the month, Dean and other walkers visited Minnesota's Indian Country to educate communities about diabetes. Pictured above is Mille Lacs Band member Bobby Anderson with Dean, Leonard Seabolt, and Raymond Muckuk.

Tips for Cooling Your Home This Summer

By Richard Hill, general manager of housing department

As the outside temperatures rise, it is time to start cooling your home for the warm summer months ahead. Making sure energy and cooling systems operate properly and efficiently will help you stay cool and save money.

Air conditioning units

Have your air conditioner serviced by a reputable repair company. Sometimes minor maintenance issues such as dirty coils or the wrong charge can have a dramatic effect on the unit's efficiency and performance. Minor tune-ups on these issues can result in a 30% improvement in air circulation.

Another important year-round task is to change your furnace filter each month. A dirty filter can slow down the system's airflow and create other performance problems.

Also, be sure to inspect the duct system for problems. Leaky ducts greatly reduce the performance of your cooling system so make sure they are sealed properly. The housing department recommends only sealing the return side of the system.

Fans

If you don't have an air conditioning unit or if you would rather not operate one, ceiling and free-standing fans are sufficient cooling mechanisms. Fans are a great way to boost air circulation, however fans can only cool people, not the room. Once you leave the room, turn off the fan to save energy.

The department recommends using EnergyStar® fans, which are 50% more efficient than conventional ceiling fans. In fact, if you turn your thermostat up two degrees and use EnergyStar® ceiling fans, you could lower air conditioning costs by up to 14%.

Also, using compact fluorescent light bulbs, which elicit less heat while burning, can help cool your home. Other cost-effective cooling options include using evaporative coolers and whole-house fans.

For more information about cooling your home, contact the Mille Lacs Band housing department at 320-532-4192.

Diabetes Program Announcements

By Johanna Larson, diabetes program coordinator

Healthy heart classes

This month the diabetes program's healthy heart classes will feature exercise sessions led by Mille Lacs Band member Bobby Anderson in addition to a healthy meal. For the exercise session, participants may walk indoors or outdoors. Classes will be held on the following days:

- Tuesday, June 19: District III Community Center at noon
- Monday, June 25: District IIa Community Center at 10:30 a.m.
- Tuesday, June 26: District I powwow grounds, pending weather conditions; if the weather doesn't cooperate, the exercise session and lunch will be held at the District I Community Center

Evening diabetes group education classes

There are two evening group diabetes classes scheduled for Thursday, June 7, and Thursday, June 21, from 5:30-7:30 p.m. in the corporate commission building's teamwork room. These free classes are geared toward anyone newly diagnosed with diabetes or prediabetes or anyone who would like to learn more about the disease.

For more information about diabetes education classes, contact Johanna at 320-532-7790.

11th Annual Walk Around Mille Lacs

The 11th Annual Walk Around Lake Mille Lacs fitness challenge begins on Monday, July 2 and ends Friday, August 24. During the eight-week challenge, participants must walk the equivalent of two laps around Mille Lacs Lake, which is 120 miles. The challenge

equates to two miles of walking each day for eight weeks.

Other activities may replace walking. If you choose to bike instead, you must ride three-times as far – 360 miles in the eight weeks allotted.

Everyone is welcome to participate in the challenge. To sign up, visit any of the reservation's community centers or the urban office. Participants who complete the challenge will receive a t-shirt.

Family meal night

This month's family meal night will be held at the District I Community Center. The date is still being determined, but the dinner will start at the usual time – 5:30 p.m. Contact Johanna Larson at 320-532-7790 for more information.

Tribal Noteboard

Happy June birthday:

Noah Sablan, 6, on June 2 from Mom, Dad, Grandma Tracy, Grandma Lupe, Taya, Kelly, Jay, Kellen, Jen, Deek, Wesley, and Kim • **Cassandra Hill**, on June 11 from Auntie Dawnie, Uncle Carlos, Renee, Cathy, Little Carlos, Grandma Hill, Patrick, and Randy • **Candace Shaugobay**, with love from Mom, Cyrell, Kelia, RaiLei, Richard, Rachel, Stepdad, Jordan and family, Joe, Carrie, Maddy, Joe, Judy, and Beatrice • **Rome Bedausky**, 13, on June 7 with love from Mom, Lucas, Grandma Mary, Jerome, Brent, Taryn, Michelle, Camryn, Casey, Cordell, Tim, Veronica, Ed, Aunt Nancy, Larry, and the rest of the family • **Fabes**, 3, on June 14 from Mom, Daddy, Ian, Cedric, and Mengwa • **Papa**, on June 4 from Ian, Cedric, Memengwaa, and Fabes • **Patrick Sam**, on June 2 from Mom, Scott, Aunt Barb, and Kim • **Candy Ballinger**, on June 22 from Aunt Nancy and family • **Tiffany Ann**, on June 29 from "Mom" Nancy • **Faith Harmonie**, 1, on June 2 with love from Daddy, Grandma Lenore, Eva, Jeff, Jon, Evelyn, Evan, Jazmyn, Papa Curt, Great-Grandpa Lenny, Evan, Colleen, Susan, Maggie Sue, and Phenix • **Ricki Boswell**, on June 22 from Lil Ricki, Cheyauna, Laila, Justin, Ryley, Krista, Carter, Grandma Frances, Mitzi, Chris, Elaine, and Keith • **Bugs Haskin**, on June 9 with love from Marquis, Senicka, Ms. Kitty, Squig, Jake, and Grissum • **Elicia Fisher**, on June 18 with love from mom • **Blake Fisher**, on June 5 with love from mom • **Michelle**, on June 28 from Auntie Barb • **Gordy**, from Cousin Barbara Jo • **Tammy Smith**, on June 24 from the Garbow and Smith families • **Juni**, on June 28 from Dad, Mom, Roy, Jillian, Ron, Gladys and family • **Big John**, on June 29 from Mom, Roger, Roy, Jill, Ron, Gladys, Roland, Collin, Desi, Lydell, McKayla, Tayaunna, Roland Jr., Camille, Lance, Terrell, Tierra, LaDarius, Candy, Clay, Clayton Jr, Aubrey, Roxann, and Danica • **Stina Pike**, 6, with love from Mom, Kevin, Austin, Grandma Barb, Tony, Melissa, Ant, Johnathan, Ari, Lissie, Nathaniel, Uncle Jon, Rusty, Adam, and Anna • **Jenai RaQuel**, on June 4 from Mom, Nick, Craig, Tony, Jayla, Papa Turk, and Grandma Michelle • **Craig**, on June 9 from Arielle, Nick, Jenai, Jayla, Tony, Dad and Michelle • **William**, on June 1 from Arielle, Nick, Craig, Tony, Jayla, Jenai, Papa Turk, and Michelle • **Arianna Jackson**, 6, on June 22 with love from Mom,

Elijah, Wyatt, AJ, Riley, Curtis, Jewel, Falon, Kate, Lisa, Dana, Mick, and the rest of the family • **Vic Jr.**, on June 30 from your Son Quillin, Mom, Ben, Zach, and Hayleigh • **Dante James**, 10, on June 3 with love from Mom, Selena, Maysun, Shawsha, Soul, Daymon, Rachel, Joe, Simone, Donny, Joey, Sheila, Grandma Vera, DeaLayna, Stone, Derek, Frankie, Jim, Jeannette, and Bruce • **Jim**, on June 5 from Mom, DeaLayna, Stone, Franny, Derek, Mary, Selena, Dante, Shawsha, Maysun, Soul, Daymon, Rachel, Joe, Simone, Donny, Joey, Sheila, Jeannette, and Bruce • **Danielle**, on June 21 from DeaLayna, Stone, Derek, Franny, Mom, Mary, Selena, Dante, Maysun, Shawsha, Soul, Daymon, Rachel, Joe, Simone, Donny, Sheila, Joey, Jim, Jeannette, and Bruce • **Lil Kevin**, on June 23, from Mom, Dad, Sissy, Grandma Kim, Papa Brad, Elias, Dede, Grandma Karen, Grandma AA, Tracy, Shelby, Max Dean, Jarvis, Jake, Jamie, Aiva, Marky, Emery, Sharon, Wally, Ravin, Melody, Rachel, Nicole, Chris, Jameson, Cordell, Lil Chris, Bruce, Jayla, Lili, Bradley Eric, Kristy, Peyton, Braelyn, Jay, Kate, Peep, Adam Parker, Micki, Phil, Nadine, Charlotte, Whitney, PJ, Renae, Jeremy, Cameron, Keona, Sherry, Shawtel, Gabi, Nancy, and John • **Ravin**, on June 30, from Mom, Dad, Bev, Tamera, Missy, Brandi, Brittany, Corey, Mike, Nick, Rick, Barrett, Romeo, Jason, Brooklynn, Lil Bear, Val, Mariah, Kevin, Karen, Grandma AA, Tracy, Shelby, Max Dean, Jarvis, Jake, Jamie, Aiva, Marky, Emery, Sharon, Wally, Melody, Rachel, Nicole, Chris, Jameson, Cordell, Lil Chris, Bruce, Jayla, Kristy, Peyton, Braelyn, Jay, Kate, Peep, Adam Parker, Mickey, Phil, Nadine, Charlotte, Blake, Whitney, PJ, Renae, Jeremy, Cameron, Keona, Sherry, Shawtel and Gabi • **Boot**, on June 9 with love from DB • **Elvis**, on June 7 from Grandma June, Grandpa Gush, Mom, Dad, Dan, Courtney, Sam, Chuck, Hunter, Amber, Sunshine, Elliot, Ethan, Tyrese, Jasmine, Liz, Dylan, Dylan Jr, Leroy, Malarie, Sebastian, Keith Manny, and Uncle Marvin • **Elliot**, on June 7 from Mom, Dad, Ethan, Tyrese, Jasmine, Lydia and kids, Liz, Dylan and kids, Marvin, Manny, Bon, Beverly, Andrea, Lady, Elmer, and Bruce • **Charles Shingobe Jr.**, on June 3 from Lydia and kids • **Karly Renee**, with love from Auntie Chey and ShayShay • **Waylon**, 4, on June 2 with love from Mom, Dad, Grandma, Jim, Rainy, Val, Niss, Niyahbutt, Matty, Baby Bro, and Deondre • **Auntie Debbie**, on

June 2 from Waylon, Jaylene, and the rest of your great nieces and nephews in Isle • **Carter**, 1, on June 2 with love from Auntie Niss and cousins in Isle • **Mom/Grandma**, on June 5 with love from Dave, Dana, Dalene, Jaylene, Jim Jr., Tina, Eric, Deondre, Tanya, Chaddy, rainy, Tommy Lee, Minnow, Sunshine, Niss, Way-Way, Niyahbutt, Elle, Jaxin, Anthony, Dulce, Emilio, and Gabby • **Uncle Bear**, on June 27 with love from Niss, and nieces and nephews in Isle • **Damian Beaulieu**, on June 23 with love from Mom, Grams, Kiki, BBoy, Babycakes, Ada and Landon • **Jamison Bellanger**, on June 19 with love from Janelle • **Gramz**, on June 19 with love from Kiki, Damez, BBoy, Janelle, Jay, Babycakes, Ada and Landon • **Lil Rod**, on June 9 from Auntie Nellz, Gramz, Damez, Ada, Kiki, BBoy, Babycakes, and Landon • **Willy Banilly**, on June 1 from Auntie Nellz, Gramz, Dames, Ada, Kiki, BBoy, Babycakes and Landon • **Kayla Garbow**, on June 30 from Mary and Drew • **Lindsey Mitchell**, on June 29 with love from Mary Vanwert • **Sasha Garbow**, on June 16 from Mary Vanwert and family • **Duane Wind Jr.**, on June 22 from Mary Vanwert and family • **Jennifer Mitchell**, on June 19 from Mary Vanwert and family • **Laney Diaz**, 18, on June 10 with love from Mom, Dad, Shadiyah, Jada, Alayah, and Adrian • **Shyla Lussier**, 13, on June 24 with love from Mom, Des, Jordan, Grandma Gina, Dillybar, Gram Nazz, Papa Merlin, Elv, Bud, and all your family in Michigan • **Lance Ballinger**, 26, on June 23 with love from Healther, Daniel, Thomas, Tyler, and Robyn Virnig • **Avery**, 1, on June 8 with love from Kayla, Mom and Dad • **Roland Smith Jr.**, 3, on June 4 with love from Daddy, Grandma Gladys, Papa Ron, Collin, Camille, Lance, Terrell, Tierra, LaDarius, Candy, Clay, Clayton Jr, Aubrey, Roxann, Danica, Aunty Bev, Uncle Rog, Juni, Roy, and Jillian • **Tayaunna Boyd**, 4, on June 1 with love from Mom, Dad, Lydell, McKayla, Grandma Gladys, Papa Ron, Collin, Roland, Roland Jr., Camille, Lance, Terrell, Tierra, LaDarius, Candy, Clay, Clayton Jr, Aubrey, Roxann, Danica, Aunty Bev, Uncle Rog, Juni, Roy, and Jillian • **Roland Smith Sr.**, on June 18 with love from Roland Jr., Dad, Mom, Collin, Desi, Lydell, McKayla, Tayaunna, Camille, Lance, Terrell, Tierra, LaDarius, Candy, Clay, Clayton Jr, Aubrey, Roxann, Danica, Aunty Bev, Uncle Rog, Juni, Roy, and Jillian • **Vincent Stobb**, on June 13 with love from Dad, Mom, Collin, Roland,

Roland Jr., Desi, Lydell, McKayla, Tayaunna, Camille, Lance, Terrell, Tierra, LaDarius, Candy, Clay, Clayton Jr, Aubrey, Roxann, Danica, Aunty Bev, Uncle Rog, Juni, Roy, and Jillian • **Suzanne Merrill**, on June 21 from Ron, Gladys, Roland, Collin, Desi, Lydell, McKayla, Tayaunna, Roland Jr., Camille, Lance, Terrell, Tierra, LaDarius, Candy, Clay, Clayton Jr, Aubrey, Roxann, and Danica • **Sty Hanks**, on June 18 from Ron, Gladys, Roland, Collin, Desi, Lydell, McKayla, Tayaunna, Roland Jr., Camille, Lance, Terrell, Tierra, LaDarius, Candy, Clay, Clayton Jr, Aubrey, Roxann, and Danica • **Tami SF Gahbow**, on June 26 from Gladys and Desi.

Happy June birthday to Mille Lacs Band Elders!

Shirley Boyd
David Bradley Jr.
Clifford Churchill
Sherry Colson
Emma Compelube
Brenda Day
Simon Day Jr.
Ellagene Dorr
Peter Dunkley
Roberta Fox
George Garbow Jr.
Kat Garbow
Melanie Garbow
Marilyn Gurnea
Monica Haglund
Bruce Hansen
Devona Haskin
Catherine Hedstrom
Gwendolyn Holmes
Marlowe LaFave
James Matrious
Robert Mayotte
Clarence Moose
John Morrow
Georgia Nickaboine
Joel O'Brien
Alof Olson Jr.
Gordon Parr
Alan Ray
Charlene Shingobe
Charles Shingobe
Warren Skinaway
Pearl St. John
Frances Staples
Judy Swanson
Ann Thalin
Arlene Weous
Loris White
Judy Williams

(Continued to page 16)

Ojibwe Culture and Traditions

Powwow Opportunities

By Carla Big Bear, Mille Lacs Band traditional powwow committee co-chair

The Mille Lacs Band's 46th annual traditional powwow, which will be held August 17-19, is one of the largest traditional powwows in Minnesota. Each year the powwow attracts thousands of dancers and more than 2,000 spectators. The large event provides many opportunities for Band members to participate and volunteer.

Royalty contestants

Band members or Band member descendants ages six to 18 can compete to become a princess or brave. The registration deadline is August 1, but the earlier you sign up the more time you will have to accumulate points. For more information and to sign up, contact Kim Sam, royalty coordinator, at 320-224-1646.

Cooks and caterers

Each year the powwow committee serves a feast on Saturday and Sunday during the event. If you are interested in submitting a bid to provide one or both of these meals, please contact Cyrilla Bauer, powwow committee treasurer, at cyrilla.bauer@millelacsband.com or 320-532-7488.

Tournaments

The powwow will include adult and youth horseshoe tournaments and Moccasin Games. Winning teams will collect cash prizes. Teams can register at the powwow grounds during the powwow weekend.

Parade contestants

You can also create a float for the annual parade. Parade entrance is free, and the top three floats and reservation cars win a cash prize. In addition, each Band department competes for a rotating trophy awarded to the top department float. We also need three parade judges. If you are interested in participating in the parade or serving as a judge, please contact Rob Thompson, parade coordinator, at rob.thompson@millelacsband.com or 320-532-7841.

Artists and food vendors

The committee is seeking vendors of authentic Native American products and food to set up booths at the powwow. Band members who want to set up a booth will receive 50% off the regular vendor rate. Contact Rob Thompson at rob.thompson@millelacsband.com or 320-532-7841 to register.

Powwow committee members wanted

Each year Band members and employees are invited to volunteer for the powwow committee. If you are interested in joining the committee, please attend an upcoming powwow meeting.

- Tuesday, June 5 at noon in the Government Center's new media room
- Tuesday, July 10 at 5:30 p.m. in the Government Center's new media room
- Tuesday, July 24 at noon at the Government Center's new media room
- Tuesday, August 7 at 5:30 p.m. in the Government Center's new media room
- Tuesday, August 14 at 5:30 p.m. at the powwow grounds

Grand entry times are:

- 7 p.m. on June 15
- 1 and 7 p.m. on June 16
- 1 p.m. on June 17

Attendees are asked to bring their own chairs and drums to the powwow.

Camping is available during the event.

Upcoming Mille Lacs Indian Museum Events

Kids craft workshop

Decorate a shoulder bag while learning about the art and culture of the Ojibwe. This project is recommended for children six years or older.

The workshop costs \$7 per kit and will be held on Saturday, June 9, from 11 a.m.-3 p.m.

Birchbark basket workshop

Learn how to store and work with birch bark in this

workshop. Participants will make a basket out of their harvested bark. This class will be held from noon-4 p.m. on Saturday, June 23.

The workshop costs \$30 for the general public or \$25 for Minnesota Historical Society members and Mille Lacs Band members plus a \$15 supply fee.

Participants are encouraged to register by June 20.

Please call 320-532-3632 for more information.

Moccasin Telegraph

Grandma and Aunt Rose

By Isabelle Eubanks, Mille Lacs Band Elder

I grew up in Isle, where I was raised by my grandmother and my aunt Rose. My father moved us here from Fond du Lac just after my mother passed away. I was only a baby, the youngest of six children.

I stayed here year-round until I was in the fifth grade. My sisters and brothers were away at Indian boarding school, so I asked my aunt if I could go too. Every year we would go away to school from September to May. We got to come home in the summer, except for one year. We would look on a list and if your name was on it, you would go home. That year, our names weren't on the list, so me and my sister stayed at school. While we were there, we husked corn, broke the ends off green beans, and went swimming. Indian kids came from all over the United States, and we got to meet them. It was fun, but we forgot our language because we never spoke it – the school didn't let the students talk Indian.

By the time we got home in the summers, we would be speaking only English. Before I left Isle, I could talk to my grandmother, but when I came back from school, I would forget a lot of the words. I would try to talk in our language, but I would forget what I was going to say, so it would get real frustrating. I can understand the language now better than I can speak it, but there's still quite a bit I don't understand.

When I would come home in the summer, my grandma and the others used to camp out by the highway and make birch bark baskets. They would put them out every day and sell

them. If I wanted any money, I would have to make them too, but I only made the small baskets and little miniature canoes. They would sell, and I would get a little money. We didn't have much, but we were happy.

My grandma didn't believe in anybody being idle. She always wanted me to be doing something and be productive. When I would get up in the morning, I would take my time doing everything – making my bed, getting dressed, eating breakfast, doing the dishes – because when I was done, I knew I had to start sewing.

When she made birch bark baskets, grandma would get the basket fiber from big rolls of basswood bark. She would take the rolls and pound them against a tree to flatten them out and make the fiber. Then we would make the designs on the birch bark. Then the fiber would have to be dyed to make the color you wanted, and we would stitch the designs on the birch bark with the fiber. When I think back, that was a lot of work. But they turned out nice.

My grandma also used to teach me how to make fry bread. When I was grown up, I would make it once in a while and my kids liked it, but it wasn't like my aunt Rose's bread. I can only make small ones, but I think I will start trying again.

I moved down to the cities in 1952, right after school was over. I had a family, raised my children, and worked at the American Indian Center. I just moved back up here to Isle in 2000. While raising my children, I didn't have much time, so it is just now that I'm starting to get back in the cultural aspect of things.

21st Annual Grand Celebration Powwow

The 21st Annual Grand Celebration Powwow will be held at Grand Casino Hinckley on June 15-17. The powwow is one of the largest in the area and all Band members are invited and encouraged to attend.

Grand entry times are:

- 7 p.m. on June 15
- 1 and 7 p.m. on June 16
- 1 p.m. on June 17

Attendees are asked to bring their own chairs and drums to the powwow.

Camping is available during the event.

Calendar of Events

June 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
To Purchase Tickets Visit a Grand Casino box office, call TicketMaster at 800-745-3000, or visit www.ticketmaster.com	<i>If you would like an event included in the community calendar, please contact Kelly Sam at 651-292-8062 or write to Kelly at kelly@goffpublic.com</i>					1 Cheap Trick Grand Casino Mille Lacs 8 p.m.
3	4 Narcotics Anonymous Red Brick House 6-7 p.m. Every Monday	5	6	7	8	9 Kids Crafts Mille Lacs Indian Museum 11 a.m.-3 p.m.
10 AMVETS Meeting Grand Casino Mille Lacs 6 p.m. Contact: Allen Weyaus 320-630-2988	11	12 General Election Polls open from 8 a.m.-8 p.m.	13 District I Community Meeting District I Community Center 5:30 p.m. Contact: 320-532-7423		14 Grand Celebration Grand Casino Hinckley 7 p.m.	15 Grand Celebration Grand Casino Hinckley 1 p.m. & 7 p.m.
17 Grand Celebration Grand Casino Hinckley 1 p.m.	18	19 District II Leadership Academy School Board Meeting 4 p.m. Contact: Raina Killspotted 218-768-2345	20 District III Community Meeting Grand Casino Hinckley 5:30 p.m. Contact: Katie Draper 320-384-6240		21 Joe Nichols* Grand Casino Mille Lacs 8 p.m.	22 Birch Bark Basket Workshop Mille Lacs Indian Museum Noon-4 p.m.
24	25	26 District IIA Community Meeting Chiminising Community Center 5:30 p.m. Contact: Lesley Sam 320-676-1102	27 District II Community Meeting East Lake Community Center 5 p.m. Contact: Jenny Waugh 218-768-3311 Urban Area Community Meeting All Nations Indian Church 5:30 p.m. Contact: Barb Benjamin-Robertson 612-872-1424	28 ZZ Top, 3 Doors Down, and special guest* Grand Casino Hinckley 6 p.m.	29	30 Santana* Grand Casino Hinckley 9 p.m.
July 1	2	3 The Jets* Grand Casino Hinckley 8:30 p.m.	4 All government offices closed for Mid-Summer Day	5	6	7

What's Kept You At Grand Casino Hinckley For 20 Years?

Thank you to all of the 77 charter Associates at Grand Casino Hinckley, including these Mille Lacs Band members.

Joni O'Brien



"I've had the opportunity to experience many departments, including table games, Guest development, pull tabs, bingo, events,

and hotel housekeeping. And I am still happy where I'm at!"

Gordy Matrious



"I've stayed because of the people I work with. The Associates really care about doing a good job for the Band."

Vicki Kroschel



"I have been in HR 10 of my 20 years here. Each day working in human resources at Grand Casino Hinckley is interesting and

challenging. As crazy as it can get sometimes, I chose this as my career."

Wanetta Thompson



"I feel proud to be a part of one of the casinos that are responsible for the revenue stream that is so important to the

members of my tribe. Working at Grand Casino Hinckley has helped me become financially stable; that stability has given me the opportunity to purchase my home and take care of my family."

Tribal Noteboard

(Continued from page 13)

Birth announcements

Congratulations to Evan Potter and Colleen Stewart on the birth of their son **Phoenix Ogichidaa Potter** with love from *Lenore, Tyson, Jon, Eva, Jeff, and Dad.*

• • •

Congratulations to Tina Sam and Eric Avalos on the birth of their son **Emilio D'Marco Avalos**. Emilio was born on May 6 and welcomed by his big sister Dulce. He weighed 7 lbs., 15 oz., and was 21.5 inches long. *From Mom, Jay and kids, Jim, Deondre, Dana, Dave, Anthony, Meany, and kids.*

Congratulations

Congratulations to **Rachel Shaugobay** for graduating from Central Lakes College. We are so proud of you, and good luck in the future from *Richard, Kelia, RaiLei, Jeremy, Candi, Cyrell, Rose, Sara, Melanie, Mom, and Stepdad.*

• • •

Congratulations to **Brenda Bedausky and Lucas Best** on their May 31 wedding. Wish you the best in your new lives sharing the future as a family with love from *your Mom, Jerome, and your son Rome.*

• • •

Congratulations to **Kelly Peet** for graduating from Itasca Community College with great admiration and love from *Kim and Tina.*

• • •

Congratulations to **Laney Marie Diaz** for graduating from North High School on June 6. You did it my girl, and we are so proud of you. The world is

your oyster with love from *Mom, Dad, Shadiyah, Jada, Alayah, and Adrian.*

Anniversary

Happy anniversary to **Eileen and Joe Farah** with love from *Tina, Kim, Alyx, Jordan, and Theresa.*

• • •

Happy anniversary to **Dawn and Alonzo Florez** with love from *Tina, Kim and the kids.*

In memory

Lesley Davis – It will be one year on June 8 that you left to the spirit world and left many memories. We love you and miss you. We wish you were still here. With love from the *Boswell and Davis families and everyone on Henry Davis Drive.*

• • •

In memory of **Maxine Sam**

The Great Spirit saw she was getting tired and a cure was not to be. So he put his arms around her and whispered "come with me." With tearful eyes we watched her suffer and saw her fade away. Although we loved her dearly, we could not make her stay. A golden heart stopped beating, and hard-working hands were put to rest. The Great Spirit broke our hearts to prove to us he only takes the best.

On June 23 you would have been 47. Our hearts are still heavy to this day. All that runs through our minds is all the what-ifs, and what we should have done to make more memorable moments with you. What we would give just to hear that beautiful voice again. Not a day goes by that we don't think of you! We miss you

loving smile and your kind voice. It has been a rough two years without you, but we are grateful that you are no longer in pain. We love and miss you Mom, from *Arielle, Craig and Tony.*

Obituaries

Michelle Anderson

Born – 4-5-1965
Died – 3-4-2012
Lived in Minneapolis

Brandon Zanor

Born – 9-22-1976
Died – 3-29-2012
Lived in Tucson, AZ

Layne Johnson

Born – 7-22-1969
Died – 4-11-2012
Lived in Elk City, ID

Heating, Water, and Home-Related Maintenance Problems

Normal business hours:
Tenants in Band rentals and Elders living within the service area should call 800-709-6445, ext. 7799 for work orders.

After business hours:
Tenants with maintenance emergencies should call 866-822-8538 and press 1, 2, or 3 for their respective district.

Internship Opportunities

By Jodell Meyer, tribal career development department

Are you currently enrolled in college and looking for an internship to help support your college and academic experience? Then ICE (Internship Credit Experience) is the program for you.

Run by the tribal career development department, ICE is a paid internship that provides:

- A real business experience
- Assignments and projects that will enhance your studies
- Opportunity to earn college credits (depending on your major and school)
- Flexible scheduling to match your school schedule and personal needs

Internships run from early June until August. If you need a different timeframe, we can customize an ICE experience to match your academic goals and needs.

To be eligible you must:

- Be an enrolled member of the Mille Lacs Band
- Be enrolled and actively attending an accredited institution of higher learning
- Meet the academic requirements of the institution that you are attending for a minimum of one semester
- Meet the academic requirements of the Mille Lacs Band scholarship office for a minimum of one semester

For opportunities at Grand Casino Mille Lacs, the Corporate Commission, or the Band's small businesses in the District I area, contact Jodell Meyer at 800-746-9805, ext. 8880. For opportunities at Grand Casino Hinckley or the outlying area, contact Salena Fox at 800-472-6321, ext. 4872.

OJIBWE INAAJIMOWIN

July 2012

"The story as it's told."

Volume 14 • Number 7

2012 General Election Results

Melanie Ann Benjamin was elected Chief Executive of the Mille Lacs Band of Ojibwe in the Band's general election on Tuesday, June 12. District I Representative Sandra Blake was re-elected, and Kimberly Jayne Kegg, Semira Kimpson, and Eloise Betsy Wind were elected to serve on the Nay Ah Shing School Board. The swearing-in ceremony will be held at the government center on July 10 at 10 a.m.

Chief Executive vote totals

- Melanie Ann Benjamin – 588
- Herb Weyaus, Sr. – 440

District I Representative vote totals

- Sandra Blake – 372
- Alicia Lydia Skinaway – 263

Nay Ah Shing School Board election results

School Board Chairperson

- Kimberly Jayne Kegg – 360
- Ruth Anne Sam – 358
- Loretta Ruth Kalk – 188

District I Member

- Semira Kimpson – 309
- Dale Wesley Ballinger Day – 264

District II Member

- Eloise Betsy Wind – 93
- Cheryl Anne Miller – 65

Mille Lacs Band Higher Education Department Honors 108 Graduates



Mille Lacs Band member and Onamia High School graduate Kelly Kegg Jr. (right) attended the Band's higher education department's academic achievement luncheon with his family. Kelly plans to attend Central Lakes Community College in the fall and is currently working at Grand Makwa Cinema.

continue learning, utilizing education and job opportunities provided by the Band, and getting involved in the Mille Lacs community.

"The Band offers many ways for you to use your education. Our community always needs social workers, nurses, teachers, administrators, government officials, and so on and so forth," said Don.

Thank you to all of the graduates and their families who attended the academic achievement luncheon, and congratulations to all 108 graduates.



Mille Lacs Band member Wendy Merrill was one of the 108 graduates honored at the Mille Lacs Band higher education department's academic luncheon in June. Wendy completed her associate's degree from Central Lakes College and plans to attend the College of St. Scholastica in the fall. Wendy is pictured with her family.

Last month the Mille Lacs Band higher education department hosted an academic achievement luncheon at the Grand Casino Mille Lacs Events and Convention Center to honor 108 Band members and Band member descendants who graduated this spring with a high school diploma, GED, college degree, or graduate degree.

Graduates and their families were invited to attend the luncheon, which featured an Ojibwe prayer led by Traditional Healer Herb Sam; a dinner; an honor song by Little Otter; door prizes; and a keynote speech by Commissioner of Health and Human Services Don Eubanks, who was among the graduates being honored.

During his keynote speech, Don stressed the importance of lifelong learning.

"This celebration is in honor of you and your dedication to start something and complete it," said Don, who recently received his master's degree in social work from the University of Minnesota. "Today is not the end of our journey; it is the beginning of a lifelong journey of learning."

Mille Lacs Band Commissioner of Education Dennis Olson gave the welcome and recognized all 108 graduates for their academic achievement.

"All levels of education are important, and you should be proud of yourselves," said Dennis. "Completing your education is a big step in improving your life and the lives of those around you – your family and the Mille Lacs community."

Both Don and Dennis encouraged the graduates to



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Band Conservation Officers Fight Wildfires



Mille Lacs Band Chief Conservation Officer Mike Taylor worked with cowboys Billy and Randy to fight the Whitewater Baldy Complex Fire in New Mexico in May. The firefighting missions give officers critical real-life experience so that they can be prepared if a local fire happens.

In May Mille Lacs Band Chief Conservation Officer Mike Taylor joined hundreds of firefighters from around the country to help fight the Whitewater Baldy Complex Fire in the Gila National Forest in southwestern New Mexico.

When Mike arrived on May 26, the fire covered approximately 35,000 acres. The fire grew quickly and had burned more than 276,000 acres when Mike left on June 11, making it the largest wildfire in New Mexico history.

While he was in New Mexico, Mike provided security at a remote road closure. He worked with a local rancher,

Jack Diamond, who provided pack mules and horses to fight the fire. Billy and Randy, cowboys who worked with Jack, also worked with Mike to help bring supplies to front-line firefighters.

Band Conservation Officer Jim Mattson is currently fighting the 58,700-acre High Park Fire in northern Colorado.

Mille Lacs Band Department of Natural Resources conservation officers are trained to fight wildfires throughout the country. The firefighting missions give the officers critical real-life experience so that they can be prepared if a local fire happens.

Photo courtesy of Mike Taylor

Fiber-Optic Cable Installation Improves Internet Access in District III

By Keith Modglin, information systems director

The Mille Lacs Band information systems department recently installed a fiber-optic cable that runs from the Hinckley Assisted Living Units to the Lake Lena Community Center. The installation will improve Internet quality for District III residents.

The department is currently looking into various ways to use the remaining fiber-optic cable within the community. The department plans to install more cables that extend to the District III early education building.

For more information about the installation, contact the Band's information systems department at 320-532-4736.

Boys & Girls Club Members of the Month

By Justin Beaulieu, Boys & Girls Club director

The Mille Lacs Band's Boys & Girls Club honored Band youth from each district as members of the month.

To be chosen for this award, participants must consistently have a positive attitude and willingness to learn and try new things. Additionally, club members must show certain leadership characteristics and attributes of a good role model.

District I

The District I Boys & Girls Club named Bella Nayquonabe and Cameron Harrington as the club's June members of the month.



Bella Nayquonabe



Cameron Harrington

"I like going to Boys & Girls Club because it's a good place to play. I like the staff, and my friends come here," said Bella, who recently completed second grade at Nay Ah Shing Schools.

"I like going to Boys & Girls Club because it's fun and I get to see my friends," said Cameron, who recently completed fifth-grade at Onamia Elementary School.

District IIa



Valerie Mitchell

The District IIa Boys & Girls Club chose Isle Elementary second-grader Valerie Mitchell as its June member of the month.

"Valerie was chosen as the member of the month because of the great attitude and leadership skills she shows at the club," said Charlee Edwards, District IIa Boys & Girls Club coordinator. "She is a high achiever when it comes to her education. She consistently helps other club members and staff without being asked."

District III

The District III Boys & Girls Club honored Alizea Taylor and Levi Roseland as the club's June members of the month.



Alizea Taylor



Levi Roseland

Alizea, a recent kindergarten graduate from Hinckley Elementary School, had the second highest attendance of group 1 in May. She also tied for the highest amount of stars earned in the star program, a rewards program

that merits stars for participation and performance. Alizea participates in project learn, reading club, run club, smart kids, the arts, and power hour, a national homework help program run at Boys & Girls Clubs. She consistently displays excellent behavior at the club.

Levi attends Pine Grove Leadership Academy and received the second highest attendance for group 2 in May. He also earned the second highest amount of stars in the star program. Levi shows excellent behavior and great leadership with club members of all ages.

Photos courtesy of the Boys & Girls Club.

Free Hearing Evaluations

To schedule an appointment for **Friday, July 13**, at Ne-la-Shing Clinic, call 320-532-4163. Walk-ins are welcome. We will do our best to serve you.

Hearmore Hearing has offices in St. Paul and Osseo. To schedule an appointment Monday through Friday, call the St. Paul office at 651-771-4019 or the Osseo office at 763-391-7433.

Bradley Roache, Sr. Memorial Golf Tournament To Be Held in July



Photo courtesy of the Roache family

Bradley Roache, Sr.

The Roache family is hosting the Bradley Roache, Sr. Memorial Golf Tournament on Sunday, July 29, at The Lakes Golf Course at Ruttger's Bay Lake Lodge in Deerwood, Minnesota.

Proceeds from the tournament will go toward the Bradley Roache, Sr. Memorial Scholarship Fund, which has been established to help those pursuing degrees in law enforcement and criminal justice.

A Mille Lacs Band member, Bradley dedicated his life to public safety. He served on the Minneapolis Police Department

for 24 years and was active on the homicide/robbery unit, the emergency response unit, and the SWAT team. After Bradley retired, he served the Mille Lacs Band as the director of public safety and the Corporate Commission's corporate director of security and surveillance.

Education was important to Bradley; he believed it was never too late to go back to school. He graduated from St. Mary's University with a bachelor's degree in police science in 2009. He passed away on November 20, 2011.

The golf tournament is a three-person scramble. The registration fee is \$300 per person for a 3-person team. The tournament will also have prizes, a silent auction, and on-course games. The winners of the tournament will be recognized.

For more information or to register for the tournament, contact Krista Roache Klug at 320-224-7061 or e-mail brmemorialgolf@hotmail.com.

Marge Anderson Honored as Great Woman of Gaming

Mille Lacs Band Chief Executive Marge Anderson was recently honored by *Casino Enterprise Management* as a Great Woman of Gaming. Marge received the Proven Leader Award in recognition of her longtime commitment to building and protecting Indian gaming.

Marge is a foremost advocate for Indian gaming and one of the nation's most respected tribal leaders. During her tenure as Chief Executive, Marge has led the development and growth of Grand Casino Mille Lacs, Grand Casino Hinckley, and other Band-owned businesses. She was also the driving force in the decision to use business revenues to rebuild the Mille Lacs Reservation through new schools, clinics, community centers, housing, and infrastructure ranging from roads to water treatment plants. This decision positioned the

Band as a national model for investing casino resources into meaningful efforts that most benefit the community.

"Tribal casinos have been a critical economic engine for American Indian tribes and the communities where they do business," Marge said. "So many influential women have been an important part of this process and have helped revolutionize Indian Country. It is a great honor to be counted among them."

Each year *Casino Enterprise Management* recognizes women in the gaming industry who are strong leaders at their casinos and in their communities, have dedicated themselves to the gaming industry, are committed to mentoring young talent, and balance their professional and personal lives. These women have a great passion for what they do and inspire others along the way.

Addressing Diabetes on the Reservation

By Donald Eubanks, Mille Lacs Band Commissioner of Health and Human Services

The following column appeared in the June 6 issue of the Mille Lacs Messenger.

Diabetes is a growing epidemic in America. According to the Centers for Disease Control and Prevention, 25.8 million people in the United States – 8.3% of the population – have diabetes, and another 79 million people – 35% of the population – have prediabetes, which means that they have above-average blood glucose levels. As many as 53.1 million Americans could develop diabetes by 2025, a nearly 50% increase in the next 13 years.

No one is hit harder than American Indians, who are 2.3 times more likely to have diabetes than non-Indians. Reports indicate that the rate of diabetes among Minnesota's American Indian population, which represents only 1.2% of the state's total population, is almost four times the U.S. rate.

The Mille Lacs Band is no exception to this trend – approximately 14% of Band members have diabetes, making the disease one of the biggest health issues that the Band faces.

While diabetes itself is the problem that needs to be addressed, there is a significant need to address it in a culturally relevant manner for Band members. A successful mainstream program is often not as effective on an Indian reservation, where the people have specific cultural beliefs, unique learning styles, different diets, and the lingering effects of a poverty-laden history.

That's why the Mille Lacs Band developed its own state-of-the-art diabetes program in 1997, which combines cutting-edge medical treatments with traditional remedies to empower our members to prevent the onset of diabetes and the many health complications that can come with diabetes.

The diabetes team includes a physician, registered dietitians, personal trainers, a podiatrist, certified diabetes educator, traditional Ojibwe healer, and others. We are in the process of bringing specialists in cardiology and gastroenterology

to our team as well, so that we can help address additional diabetes complications in house. The Band operates three clinics on the reservation, which receive more than 10,000 visits each year.

People with diabetes who don't take good care of themselves have the highest risk of kidney failure, blindness and amputations. They are also more likely to have or develop high blood pressure, high cholesterol levels, and heart disease. In fact, diabetes is the sixth leading cause of death in Minnesota, according to the Minnesota Department of Health.

One reason American Indians are more likely to have diabetes is that we have moved away from our traditional lifestyle. As a result of decades of poverty, many American Indians relied on government food programs that transformed their diet to include inexpensive, processed foods. The diabetes program encourages Band members to include traditional foods, such as wild rice and fish, in their diets. The Band even holds monthly family meal nights where dietitians provide hands-on tips for preparing nutritious meals.

The diabetes program also offers regular diabetes group education classes, personal meetings with dietitians and fitness professionals, and a variety of events where Band members can learn how to maintain healthy blood sugar levels and overall well-being.

A decade ago, only 61 Band members were on the Band's diabetes registry. Today the registry includes about 600 members. Rather than reflecting an increase in the number of Band members with diabetes, this figure more accurately portrays the number of people who know they have diabetes and are addressing it. Knowledge is a critical first step in fighting the disease.

We cannot control our genetics, but we can control the choices we make. It will take time to reduce the number of people with diabetes, but we are working on a daily basis to educate more people about the disease and provide them the resources to prevent and care for it.

Summer Per Capita Check Distribution

Checks will be distributed to all eligible Mille Lacs Band members on Thursday, August 2, 2012, at each Band member's home district. This distribution will include monthly, bi-monthly and tri-annual Band members only. Reminder: checks will be given only to the person whose name is listed on the check.

Pick-up locations

Elders, those who are handicapped, and homebound persons living in District I, II, IIA, and III and the Twin Cities urban area can pick up their per capita checks on August 2, 2012. The distribution sites include the District I Assisted Living Unit, the East Lake Community Center, the Isle Chiminising Community Center, the Lake Lena Community Center, and the urban office. Hours are 8 a.m.-4:30 p.m.

If you are an Elder or handicapped person, live in Districts I, II, IIA, or III or the Twin Cities, and are unable to travel to your distribution site, please call the contact person below to make arrangements for your check to be delivered to you on August 2, 2012.

- District I: Kathy Heyer, 320-532-7472, or Jana Sam, 320-532-7466
- District II: Renee Moore, 218-768-3311 or 877-768-3311
- District IIA: Carmen Green, 320-676-1102 or 877-676-1299
- District III: Michelle Peer, 320-384-6240 or 877-884-6240
- Urban office: Barb Benjamin-Robertson, 612-872-1424

Your check pick-up site will be at the following centers, depending on where you live:

Mille Lacs Government Center:

For Band members living in Aitkin, Brainerd, Garrison, Hillman, Milaca, Onamia, Pierz and Wahkon.

East Lake Community Center:

For Band members living in McGregor.

Isle Chiminising Community Center:

For Band members living in Isle.

Lake Lena Community Center:

For Band members living in Askov, Braham, Brook Park, Danbury, Finlayson, Grasston, Hayward, Hertel, Hinckley, Markville, Moose Lake, Mora, Pine City, Rush City, Rutledge, Sandstone, Siren, Sturgeon Lake, Webb Lake, Webster, and Willow River.

Urban office:

For Band members living in Andover, Anoka, Apple Valley, Arlington, Blaine, Bloomington, Brooklyn Center, Brooklyn Park, Burnsville, Champlin, Columbia Heights, Coon Rapids, Crystal, Eagan, Eden Prairie, Edina, Fridley, Golden Valley, Ham Lake, Hilltop, Hopkins, Inver Grove Heights, Lakeville, Lauderdale, Little Canada, Maple Grove, Maplewood, Minneapolis, Minnetonka, Mounds View, Newport, New Brighton, New Hope, Oakdale, Plymouth, Ramsey, Richfield, Robbinsdale, Roseville, Savage, Spring Lake Park, St. Anthony, South St. Paul, St. Louis Park, St. Paul, Wayzata, and Woodbury.

For all Band members who do not live in the towns/cities listed above, per capita checks will be at the Mille Lacs Government Center unless you make arrangements for pick-up at one of the other districts. To make arrangements, call the contact people listed earlier under "Pick-up locations."

Deadline for changing your pick-up site is noon on Friday, July 27, 2012. Any changes after this time will not be valid. Call Kathy Heyer at 320-532-7472 or Jana Sam at 320-532-7466 to verify your change. There will be no exceptions.

Checks by certified mail

Those who can't pick up their checks on August 2, 2012, will have their checks sent out by certified mail on August 3, 2012, to the address listed with the Tribal Enrollments Office. If you do not receive your check by August 20, 2012, contact Kathy Heyer at 320-532-7472 or Jana Sam at 320-532-7466.

Address and name changes

If your address or name has changed since the last per capita, it is very important that you send in your information to

the enrollments office. The deadline for address and name changes is noon on July 26, 2012. There will be no exceptions.

All returned checks will be held at the government center and will not be sent out again until the Enrollments Office has received your updated address or name information.

Other important information

- You must show a picture identification to receive your per capita check.
- Per capita checks will only be given to the enrolled Band member to whom the check is issued. There will be no exceptions.
- Per capita checks will be used to pay delinquent Band loans, discretionary loans, emergency services loans, or Mille Lacs Band Court of Central Jurisdiction fines if they have not been paid. For loan status, call Pam Boyd at 320-532-7467. For court fines status, call Gilda Burr at 320-532-7401. For emergency services status, call emergency services at 320-532-2552
- Per capita checks are taxable; therefore, all Band members who receive a per capita check should report it as income in the year received. You will receive a 1099-MISC form to remind you of how much income you should report on your tax return. Per capita checks should be reported as other income not subject to self-employment tax on the Form 1040. All future 2012 per capita checks will have federal income tax withheld as the amount of the per capita checks now exceeds the IRS required withholding limits for 2012.
- If you are receiving public assistance from the county, please contact your caseworker because the per capita may affect the amount you receive. If, based on discussions with your caseworker, you wish to decline receipt of your per capita check(s), please contact Kathy Heyer in the office of management and budget at 320-532-7472 to get a per capita declination form.

MMA Cage Fighting Arrives at Grand Casino Mille Lacs

By Jim Erickson, Department of Athletic Regulation executive director

Grand Casino Mille Lacs hosted its first mixed martial arts fights on Saturday, June 9. The event included five amateur and three professional bouts, which featured fighters from Minnesota, North Dakota, and Wisconsin.

The event kicked off with Brainerd's Branden Cluever defeating Pipestone's Matt Wolf in amateur action at the 140-pound division. Wolf tapped out within the first minute and a half of the first round.

Onamia's Justus Sahlstrom settled for a draw with Brainerd's Travis Sykes in the 155-pound amateur division.

In the 145-pound amateur division, Brainerd's Loren Jones used an unrelenting attack to outwork Apple Valley's Dylan Duarte. Jones secured a unanimous victory by mixing accurate kicks and an aggressive ground game.

In the 185-pound amateur division, Brainerd's Chris Santiago defeated Bayfield, Wisconsin's Chris Hicks when referee Jeremy Ryder disqualified Hicks at the 2:45 mark of round two for using an illegal choke hold against Santiago.

In the 170-pound amateur division, Brainerd's Gary Granholm swapped punches and kicks with Eagan's Justin Transgrud for the entire duration of their three-round bout. Granholm was awarded the victory through a split decision.

The first of the three professional fights began with a grudge match between 170-pounders Austin Judge of Bloomington and Kevin Tjaden of North Dakota. The match ended early as Judge, ranked number seven in Minnesota, blasted Tjaden with strikes within the first 50 seconds of the first round.

The second professional match-up featured Dan Wales of Evansville and Rocco Maggiore of Brainerd in the 135-pound division. Despite Maggiore's win against Wales earlier this year, Wales evened the pair's record with a monster slam that forced Maggiore to tap out 58 seconds into the second round.

The main event of the evening pitted Lindstrom's Melvin Blumer against Wabasha's Bruce Johnson. Blumer came out ahead with a guillotine choke move against Johnson, forcing him to tap out just over a minute into the first round.

Heavy Rains Cause Flooding in East Lake



This road was one of the many roads closed due to flooding in the East Lake area.



An entire section of County Road 13 near the Marathon Gas Station cracked and broke away, making it impassable.



Mille Lacs Band Department of Natural Resources staff built a temporary bridge so that they could deliver water and check on local residents during the flood in June.

Heavy rains caused flash floods in Aitkin County and several other locations in northeastern Minnesota starting June 19. On June 22 Governor Mark Dayton declared a state of emergency for areas of Minnesota experiencing flooding, including Aitkin County.

The flooding caused many road closures in and near District II of the reservation, including State Highways 210 and 65 as well as many township roads. The road closures temporarily cut off access to the East Lake Community Center and the Assisted Living Unit.

As a result of the flooding, the Mille Lacs Band activated the Tribal Emergency Response Committee. The team provided assistance, medical attention, transportation, food, and bottled water to Band members in the area.

Days after the heavy rains, the Mississippi River crested on June 28 at one of the highest levels on record.

The August *Inaaqimowin* will contain a more detailed story on the East Lake flooding. Additional photos can be viewed on the Band's Facebook page at www.facebook.com/millielacsband.

Lake Lena Marks First Anniversary of Storm

Band improves emergency response protocol in wake of storm

July 1 marks the one-year anniversary of the storm that hit Lake Lena in District III with straight-line winds at an estimated 111-135 miles per hour. The storm damaged 12 Band homes and hundreds of acres of trees, causing more than \$65,000 in damage.

"Initially the enormity of the damage was shocking," said Commissioner of Natural Resources Brad Kalk. "Our first priority was to remove trees from roads and driveways to improve access around Band homes and facilities."

The Mille Lacs Band Department of Natural Resources (DNR) has led the cleanup efforts with the help of the Community Development Department and many individuals who have voluntarily assisted. Work has been completed in 75% of the residential areas, and the DNR continues to communicate with residents in areas where the cleanup has not been fully completed to let them know they remain on the list.

Other than homes, the only Band facility to sustain damage was the Pine Grove Leadership Academy storage facility. The repair work has been completed. Fortunately, only a few of the 450 maple trees that were planted at the school in 2010 were harmed during the storm, and the DNR was able to save all of the affected trees.

Cleanup efforts are also underway in the nonresidential areas affected by the storm. As much as 75% of the trees in the more remote forest areas of District III were damaged. The DNR is working with loggers to help remove downed trees to decrease the fire danger.

"In general, the DNR will allow the forest to naturally regrow," said Brad. "However, we are developing a reseeding plan that focuses on residential areas and locations with Band facilities where the most trees were damaged."

The Federal Emergency Management Agency (FEMA) gave the Band \$65,000 for debris removal, emergency services, and repair/replacement of public facilities. Band Assembly also appropriated funding to cover additional cleanup costs, including purchasing new equipment to clean up the debris and hiring

additional DNR employees through January 2013.

During and immediately following the storm, the Lake Lena community came together to help each other.

"Band members checked on their neighbors to make sure they were okay, and several people helped cut and remove trees from roadways to clear a path into the community," said District III Representative Diane Gibbs. "The outpouring of support shows how strong our community is."

Preparing for future storms

Following the Lake Lena storm, Band officials reviewed the Band's emergency response plan so that they could learn from their experiences and identify ways to improve the plan.

For instance, the Band has since linked the emergency generator at the Lake Lena Community Center to the facility's well, so that the community could access water in the event of a future storm.

Additionally, the Mille Lacs Band information systems department recently installed a fiber optic cable that runs from the Hinckley Assisted Living Units to the Lake Lena Community Center. (See page 2 for more information.)

"The cable will improve Internet quality and communications in the area, especially since cell phone service can be spotty in District III," said Diane.

As evidenced by the Lake Lena storm last year, it is important to be prepared for severe weather. Make sure you keep flashlights, batteries, non-perishable foods, and bottled water at your home; create a family safety plan; and get an inexpensive weather radio, so even if you don't hear sirens, you will know severe weather is approaching.

The Band's emergency management and public health departments are providing Band Elders with weather radios through the Indian Health Service's federal surplus program. (See page 9 for more information.)

"Of course we wish the storm wouldn't have happened. But it brought people together and helped us prepare for the unexpected in ways that will make the community safer," said Diane.

Update on Band Member Employment

The Corporate Commission, along with Grand Casino Mille Lacs and Grand Casino Hinckley are pleased to announce the following recent Band member new hires and promotions from May-June.

New hires

- Donna Jo Taylor, table games supervisor at Grand Casino Hinckley
- Wesley J Premo, arcade attendant at Grand Casino Hinckley
- Marquell J Kegg, buffet host/hostess at Grand Casino Hinckley
- Kelsie Shaugobay, cage cashier at Grand Casino Mille Lacs
- David Bonilla, security officer at Grand Casino Mille Lacs
- James Mitchell, hotel guest service representative at Grand Casino Mille Lacs
- Desiree Benjamin, gift shop clerk at Grand Casino Mille Lacs
- Crystal Garbow, security officer at Grand Casino Mille Lacs
- Roland Anderson, Grand Makwa Cinema maintenance engineer

Promotions

- Kayla Garbow was promoted to hotel guest service supervisor at Grand Casino Mille Lacs. She has been a team member of the hotel for nearly two years. Her experience in the hospitality field, her professionalism and customer service skills will assist her greatly in this new position.
- Jeremy Nickaboine was promoted to the Cup and Cone supervisor at Grand

Casino Mille Lacs. Most recently he was a frontline Plums snack bar Associate. Jeremy brings supervisory and guest service skills to his new position where he will be supervising the day-to-day operations of the newly opened Cup and Cone along with six Associates.

- Monica Benjamin was promoted to human resource representative at Grand Casino Hinckley. In this role, Monica will assist Grand Casino Hinckley Associates in a variety of capacities.
- Summer Thomas was promoted to buffet hostess at the Grand Buffet at Grand Casino Hinckley.

Interested in employment?

If you are interested in receiving job postings via e-mail on a weekly basis, please e-mail your contact information to bandmemberjobs@ccmlb.com.

As a reminder, Grand Casino Mille Lacs and Grand Casino Hinckley offer a great benefit package. For more information on open positions, please contact the following human resources representatives:

Grand Casino Mille Lacs

- Deb Matthews
800-626-5825, ext. 8325

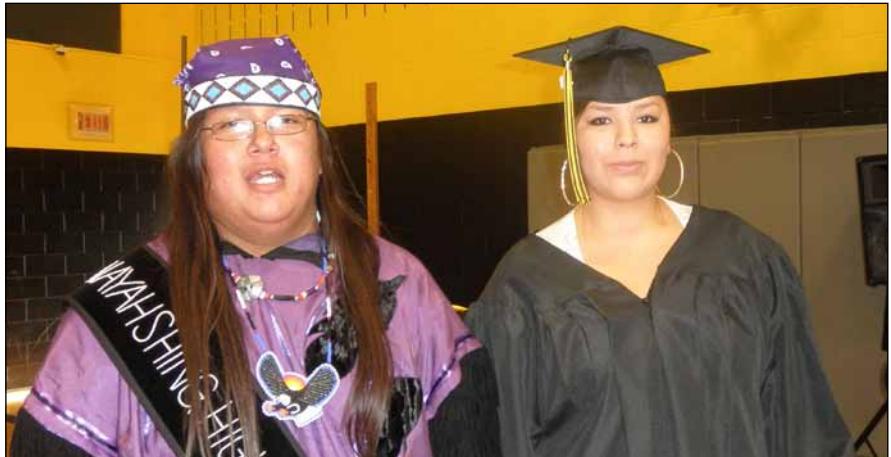
Grand Casino Hinckley

- Bonnie Matrious
800-472-6321, ext. 4929

Corporate Commission/ Non Gaming Businesses

- Nicole Hyatt
320-532-8844

Jaime Boyd and Sahlen Davis Graduate from Nay Ah Shing



Kelly Sam

Band members Jaime Boyd and Sahlen Davis graduated from Nay Ah Shing School on May 31.

Nay Ah Shing School honored 2012 graduates Jaime Boyd and Sahlen Davis on May 31.

Eric North, former Nay Ah Shing principal, gave the keynote address at the graduation. He encouraged the graduates to embrace their adventures throughout their lives.

"Life is a long and winding road. I encourage you to take the high road, the right road, your road," Eric said.

Chief Executive Marge Anderson encouraged the graduates to chase their dreams.

"When I graduated in 1952, it wasn't possible for a young Indian woman from a poor family to go to college," said Marge. "But in 2012, the sky is the limit ... Your diploma is the key to unlocking your future."

Both Sahlen and Jaime gave speeches in Ojibwe and presented gifts to their family members during the ceremony.

At Nay Ah Shing, Sahlen participated in the Ojibwe Knowledge Bowl team, played

on the Drum and Dance team, served as a member of Nay Ah Shing Powwow Royalty, played basketball, was recognized by the National Honor Society, and played the guitar.

Jaime started on the varsity volleyball team for five years and served as the captain of the team for the past two years. She also played basketball, participated in the American Indian Business Leaders (AIBL) Program, was recognized by the National Honor Society, and served on the student council.

"Not only were these two individuals good students, they were great citizens, leaders, and role models for the school as well," said Jason Long, who served as the master of ceremonies.

Joe Nayquonabe gave the invocation, the Nay Ah Shing Singers provided music, and Nay Ah Shing principal Mary Simon and school board chair Ruth Sam presented the diplomas.

Congratulations to Jaime and Sahlen!

Website Offers Diabetes Resources, Ideas and Inspiration

By Johanna Larson, diabetes program coordinator

Do you need something to lift your spirits and give you hope? Indian Health Service has a special diabetes website that offers diet and exercise tips, provides free diabetes education materials through a special online catalog, and shares success stories from community members across Indian Country who are preventing and managing diabetes.

To access the positive stories on the website, visit

www.diabetes.ihs.gov, click on SDPI, then select "Ideas and Inspirations." The website also offers many free books, videos, and other education materials for anyone to order through the online catalog. You can find the online catalog under "Resources" on the left-hand side of the homepage.

Please share this great information with your loved ones. For any other diabetes program questions, contact Johanna Larson, diabetes program coordinator, at 320-532-7790.

Heating, Water, and Home-Related Maintenance Problems

If you live in a Mille Lacs Band-maintained home, call for housing maintenance service in your district. During regular business hours, please call our customer service representative at 800-709-6445, ext. 7799. If you live in a home not maintained by the Mille Lacs Band and need assistance after hours with utilities or heating, please call 866-822-8538. Press 1, 2 or 3 for your respective district.

Congratulations, Graduates!

Head Start

Antonio Aguilar
 Mariana Altimirano
 Gavin Atwood
 Nicholas Ballinger
 Antone Beaulieu
 Agaasaa Berger
 Bianca Blake
 Taya Jo Boyd
 Elysa Cutbank
 Wundessa Davis
 Waylon Defoe
 Aiva Doust
 Riley Jackson
 Trevor Johnson
 Jada Karlstad
 Keith King II
 Isaac Klenk
 Nigel Ladd Jr.
 Victor Landeverde-Benjamin
 Dion Migizi
 Darius Misquadace-Burr
 Kenneth Mitchell III
 Violet Mitchell
 Jordan Nayquonabe
 Kayla Nayquonabe
 Kennedy Nayquonabe
 Arielle Pendegayosh
 Olivia Reynolds
 Landon Saice
 Brooklynn Sam
 Christopher Sam
 Kinney Sam
 Rihanna Smith
 Caleb Staples
 Antonio Weous

High school degree

Ashlee Barnes
 Kayla Beaulieu
 Jessica Benjamin
 Alexandria Bradley
 Taylor Boos
 Alyria Boyd
 Daniel Boyd
 Jaime Boyd
 Sahen Davis
 Meghan Dorr
 Brianna Eagle
 Tomasi Faamamala
 Tiffany Hallaway
 Mary Johnson
 Marita Jones-Yellowhammer
 Dakota Juarez
 Kelly Kegg, Jr.
 Kyle Kegg
 Zachary Kegg
 Katy Kelley
 Jesse Kersting
 Jennifer Kuntz
 Waylon Moose
 Pierre Neal
 Jackson Pratt
 Stephen Nickaboine
 Benjamin Sam
 Brandi Sam
 Dylan Schaaf

Andrew Sutton
 Erynn Teeple
 Michael Thomas
 David Weise
 Larissa Weyaus

GED

Michael Aubid, Jr.
 Philip Benjamin
 Brittany Brown
 Mathew Cash
 Alonzo Colbert
 Starrise Colsrud
 Alex Dorr
 NaTosha Dyre
 Emily Frye
 Raymond Hart, Jr.
 Brandi Hill
 Janice Jordan
 Vala Reya Leecy
 William Martin
 Misty McLain
 Kenneth Mills
 Caryn Mitchell
 Christopher Phillips
 Katrina Saice
 Jeremy Smith
 Michael Smith
 Waylon Snyder
 Brian Strong
 Dennis Taylor
 Jenna Thomas
 Johnathon Thomas
 Olaf Thomas, III
 Tyler Wadena-Degroat

Certificate

Tiffany Anderson
 Alicia Cook
 Robin Davis
 Donna Iverson
 Jesse Kersting
 Jordau Peel
 Cheyanne Peet
 Nickena Peet
 Roland Smith

Associate's degree

Nicole Anderson
 Colicia Barnes
 Amber Cessna
 Dyllon Dalquist
 Brandie Fairbanks
 Rachel Hill
 Mary Hoffer
 Charlotte Holmquist
 Donna Iverson
 Katherine Kalk
 Tiffany Kelly
 Audrey Mager
 Christina Merrill
 Wendy Merrill
 Ashley Olson
 Tia Nichols
 Erik Parsons
 Daniel Pehwaush
 Carissa Rambler

Kimberly Sam
 Rachel Shaugobay
 Arielle Shaw
 Sandra Skinaway
 Sonny Vizenor

Bachelor's degree

Alexandria Bradley
 Caryn Day
 Sharon Howard
 Nicole Hyatt
 Lisa Jackson
 Rhye-Samuel Kanassatega

Master's degree

Danese Bender
 Antonia Breitweiser
 Donald Eubanks
 Joseph Mitchell
 Joseph Nayquonabe, Jr.
 Toya Stewart

Editor's note: We apologize if we've missed anyone. To add a graduate's name, please call Sami Thomas or Camille Smith at 320-495-3702.

Head Start Graduation Celebrations



Photos courtesy of Cindi Cooley

District I Head Start graduates



District II Head Start graduates



District III Head Start graduates

Department of Labor Updates

By Paul Janowiec, department of labor director of training and development

Free driver's education classes this summer

The department of labor is offering free driver's education classes to adults age 18 and older in Districts I and II during July and August. The three-day, three-hour course will cover the information needed to pass the written driver's test.

This month, classes will be held in the District I department of labor classroom on July 11, 12 and 18 from 6-9 p.m.

Classes will also be held in District II at the East Lake modular on July 31, August 1, and August 7 from 6-9 p.m.

The course is open to those who have never taken the written driver's test and those who are eligible to retake the written driver's test. Class size is limited, and participants must meet program eligibility.

After completing the course, the department of labor will provide transportation to the driver's license exam center in your area to take the written exam.

To pre-register and complete an application, visit the department of labor offices in District I or call 320-532-4741 or 800-922-4457.

GED testing in August

Band members who have yet to pass all five subject areas in the current GED test format are encouraged to register for the next round of testing offered in August.

The department of labor is facilitating the GED exam at the Mille Lacs Tribal College on August 10 and 17 from 10:30 a.m.-4 p.m.

The entire five-subject test costs \$60 and each individual subject test is \$12. Students must bring a photo ID with their current address and their social security card on exam day. Students ages 16-18 will also need to bring a Minnesota age waiver form.

For more information or to register, contact Melissa Lupinek, chief examiner, at 320-223-3826 or 763-689-6230.

Check and connect program

Central Lakes College's check and connect program is hosting a three-day orientation for students with intellectual disabilities on August 15, 16 and 17.

The orientation program will prepare students for the transition to college courses before the semester begins. The program will provide all meals and cover fees for planned events. The first 20 students to sign up will be accepted into the program.

For more information or to sign up, contact Ann Chouinard at 218-855-8117 or achouinard@clcminn.edu, Aaron Mertes at 218-855-8218 or amertes@clcminn.edu, or visit www.checkandconnect.org.

Department of labor classroom hours

The department of labor offers classroom hours in each district for Band members who would like assistance with resumes, cover letters, online job searches, computer skills, and GED exam preparation. Following are the weekly classroom hours in each district:

District I department of labor classroom

- Mondays, Thursdays and Fridays from 9 a.m.-5 p.m.
- Tuesdays from 1-5 p.m.
- Wednesdays from 9 a.m.-8 p.m.

District II East Lake modular

- Thursdays from 10 a.m.-3 p.m.

District IIIa Chiminising Center

- Tuesdays from 1:30-4:30 p.m.

District III Lake Lena Community Center

- Wednesdays from 10 a.m.-3 p.m.

Free Phone MN follow-up information

If you have any questions about the free phone program, please contact Free Phone MN directly at 612-293-8859 or www.freephonemn.org

Band Member Loses 195 Pounds



Robert Mitchell's before and after photos.

Band member Robert Mitchell was hospitalized in February 2011 for conditions related to atrial fibrillation, which is a cardiac disease. His hospital bed was connected to a scale – it read 440.4 pounds.

"While I was lying in my hospital bed, I decided that it was time to do something about my weight," Robert said.

After Robert was discharged from the hospital, he started to diet. He cut back on how much he ate, what he ate, and where he ate.

Robert also started walking daily. "I try to walk a mile before 6:30 a.m. each morning," he said. "I also try to park at the far end of parking lots just to walk the extra distance."

In 2011 Robert participated in Walk Around Mille Lacs. During the eight-week fitness challenge, participants walk 120 miles – the equivalent of two laps around Mille Lacs Lake.

"When I was first told about the challenge, I thought there was no way I was going to be able to walk 120 miles. Before I knew it, I finished the challenge two days early," Robert said.

Since then, Robert has completed three 5Ks. In just six months, Robert has improved his 5K time by 16 minutes.

"5Ks are actually a lot of fun," Robert admitted.

Just 16 months after starting his diet, Robert has lost 195 pounds. He lost about one pound per week, which many fitness professionals believe is an ideal weight loss pace.

"I don't think of my weight loss as anything spectacular; it's just something that had to be done," he said.

Robert has noticed some health differences since dropping nearly half of his body weight. He has decreased the number of medications he was taking from five to one, and his A1c level was above five the last time he went to the doctor (which is in the normal range). Robert said that he mostly noticed that he has a lot more energy.

During his diet, Robert has received a lot of support from

his family and friends. "I'm very appreciative of each and every person out there who has congratulated me, patted me on the back, and told me what a great job I've done," he said.

Several friends told Robert that he was an inspiration, but he doesn't think of himself like that.

"By using my achievements to motivate yourselves, you are the true inspirations. You keep me wanting to continue on my journey," he said. "Let's keep the faith and together we can achieve what we want."

Robert's advice for other dieters is to believe in yourself. "It can take a while to lose weight, but don't allow yourself to get too frustrated. Be patient, and let it come as it does," he said.

Robert also relied on Mille Lacs Band Fitness Coordinator Jim Ingle for workout advice. "Jim is a wonderful resource for anyone who wants help getting in shape, learning how to exercise, and eating healthy," he said.

Robert's goal is to lose 75 more pounds, so that he would weigh 170 pounds. If Robert reaches this goal, he will have lost a total of 270 pounds, which is nearly two-thirds of his original body weight.

Walk Around Mille Lacs Challenge

The 11th annual Walk Around Mille Lacs fitness challenge begins on Monday, July 2, and ends Friday, August 24. As mentioned above, participants walk 120 miles in eight weeks, which is approximately two miles of walking each day.

If you would prefer, you can replace walking with other activities. If you choose to bike instead of walk, you must ride 360 miles during the eight weeks.

You can still sign up for the challenge at any district community center or the urban office or by calling Jim Ingle at 320-532-7547. Participants who complete the challenge will receive a t-shirt.

Photos courtesy of Robert Mitchell

Public Health Department Updates

Summer skin care

By Donna Hormillosa, District III RN

As we near the peak of summer heat, you may have already suffered your first sunburn of the season. However, it is never too late to protect your skin from the damage caused by the sun's ultraviolet radiation (UV rays). Even those who have dark skin or tan easily benefit from sunscreen.

Dermatologists recommend staying in the shade as much as possible during the hours of 10 a.m.-4 p.m., which is when the sun's rays can cause the most damage. They also recommend using sunscreen with an SPF (sun protection factor) amount of 15 or higher. It only takes 15 minutes of being in the sun during its peak hours for unprotected skin to burn.

Typically an SPF 15 sunblock can provide almost four hours of protection, but it must be reapplied after swimming or sweating to be effective. The higher the sunscreen's SPF number, the stronger protection it will provide.

Even though sunburn eventually goes away, its long-term effects are serious and can cause skin cancer. Fair-skinned people are the most at risk for developing skin cancer, however it can happen to anyone. Other risk factors for skin cancer include unusual moles or skin lesions, a large number of moles, and a family history of skin cancer.

It is important to check your skin for any suspicious moles or lesions and visit your dermatologist on a regular basis, especially if you have concerns.

Circle of Life Plus

The Mille Lacs Band public health department encourages Band members to utilize the American Cancer Society's Circle of Life Plus program. The program promotes early cancer detection screenings including mammograms, pap smears, and colonoscopies.

Band members interested in scheduling an appointment for any of these screenings should contact the tribal clinic in their district.

- Ne-la-Shing Clinic: 320-532-4163
- East Lake Clinic: 877-768-3311
- Aazhoomog Clinic: 877-884-0149

The American Cancer Society will provide Band members with a \$10 gift card upon verification

of a screening. For more information, contact Linda Moses, Circle of Life Plus coordinator, at 320-532-7776, ext. 2405.

Weather radio distribution

By Allison Harr, MCH coordinator

The Mille Lacs Band emergency management and public health departments are providing Band Elders with weather radios through the Indian Health Service's federal surplus program.

Band Elders can receive free national oceanic and atmospheric administration (NOAA) weather radios that provide severe weather-related information for each district. The radios are designed to relay specific emergency messages from the Band's tribal emergency response committee, and are the best way to receive advanced information, especially in areas where storm sirens may not be heard.

The radios will be distributed in each district on the days below. Elders must be present to sign for their radio.

- District I: The radios can be picked up at the public health office on Bugg Hill after the Mille Lacs Elder meeting on Thursday, July 19.
- District II: Radios will be distributed at the East Lake Community Center on Thursday, July 12.
- District IIa: Radios will be distributed at the Isle Community Center throughout the month of July.
- District III: Radios will be available at the Aazhoomog Community Center from July 3-23 and at the Hinckley Assisted Living Units from July 23-27.
- Urban area: Radios will be distributed at the urban office throughout the month of July.

For more information, contact Allison Harr at 320-532-7511.

Free transportation available to medical and dental appointments

By Mary Sam, community health representative

Transportation aides are available to bring Mille Lacs Band members and their families to and from medical and dental appointments scheduled between 8 a.m. and 5 p.m., Monday-Friday, excluding Band holidays. Transportation is not provided for urgent care visits, emergency room visits, and walk-in appointments, regardless

of location.

Free transportation is only provided to medical and dental appointments in the immediate service area around the reservation, unless the health service needed is not available in the Mille Lacs Reservation area. In exchange, clients must complete registration, insurance, and release of information forms in order for the transportation program to be reimbursed by insurance companies.

- District I or IIa residents can schedule transportation aides for appointments at Ne-la-Shing Clinic and the Mille Lacs Health System Family Clinics in Onamia and Isle.
- District II residents can schedule transportation aides for East Lake Clinic appointments.
- District III residents can schedule transportation aides for Aazhoomog Clinic appointments.

Referrals are needed for specialty appointments that are not offered at the clinics listed above. Appointments that are more than 100 miles away must be scheduled for 1 p.m. or earlier in order to request a transportation aide.

Due to high demand, a two-day advance notice must be given when requesting a transportation aide. Booking in advance will increase the likelihood of available drivers.

All passengers must wear seatbelts. Due to liabilities, only passengers who have scheduled appointments are allowed to ride in the transportation vehicles. However, if passengers are under 18 years old, they must be accompanied by a parent or guardian, and all children less than 80 pounds and 50 inches tall must ride in a car seat. There is no smoking permitted in any public health vehicle, and passengers are reminded to be on time for their pickups.

Also, medication deliveries are available on Tuesdays and Fridays to homebound Elders living in District I.

For more information or to schedule a transportation aide or medication delivery, contact the community health representative in your district.

- District I and IIa: Mary Sam, 320-532-7815
- District II: Eileen Farah, 218-768-2389
- District III: Francine Staples, 320-384-0149

New Secondhand Smoke Project staff member

By Kristy LeBlanc, Secondhand Smoke Project outreach coordinator

My name is Kristy LeBlanc and I am the new tribal education and policy initiative outreach coordinator for the Secondhand Smoke Project. I am excited to work with the Band to promote and encourage policies surrounding the health benefits of a smoke-free workplace and the use of traditional tobacco. I can be reached at 320-532-7776, ext. 2413. I welcome ideas and suggestions.

Secondhand Smoke Project reminders

By Roberta Ladd, health educator, and Kristy LeBlanc, outreach coordinator

Thousands of toxic chemicals remain in the air long after the cigarette is put out. Inhalation of these toxic chemicals is also known as secondhand smoke, which can cause or contribute to cancer, lung disease, heart disease, and birth defects in unborn babies. A pregnant woman's exposure to secondhand smoke can increase her baby's risk of SIDS, asthma, and other infections.

The easiest way to avoid secondhand smoke is to enforce no-smoking rules and ensure others are adhering to smoking policies. There is a designated smoking area that is 25 feet away from any Mille Lacs Band building.

Mille Lacs Band member and employee health is important. The smoking cessation program is available for Mille Lacs Band employees serving the Mille Lacs, Isle, East Lake, and Lake Lena communities. If you or someone you know is struggling to quit commercial tobacco use, contact the Mille Lacs Band's smoking cessation program at 320-532-7812.

Following is a list of smoking cessation and health-related resources for Band members and employees living in the urban area.

- Indian Health Board: 612-721-9858
- Indigenous Peoples Task Force: 612-870-1723
- Inter-Tribal Elders: 612-724-6499
- Native American Community Clinic: 612-872-8086

It Was a Beautiful Spring Day, and I Was on Call

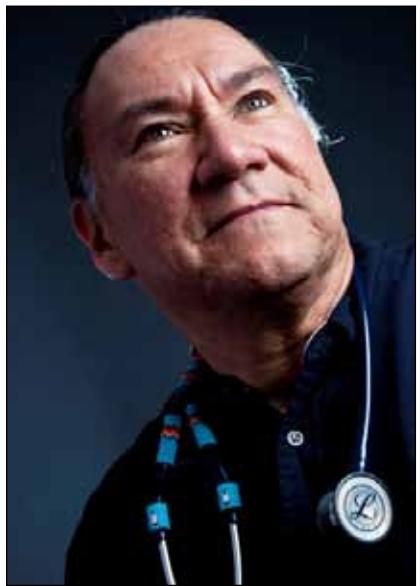


Photo courtesy of Arne Vainio

Mille Lacs Band member Dr. Arne Vainio, who works on the Fond du Lac Reservation, shares his personal experiences in a series of articles in News From Indian Country.

It was a beautiful spring day, and I was on call. The sun was bright, and the sky was a blue shade that promised nothing but warm days to come.

I was able to spend some time on this Saturday morning with Ivy and Jacob until my pager went off.

I called the nurse, and she told me that one of the patients, Darlene, wants to go home. I wasn't expecting that. I didn't know Darlene, but one of my partners had arranged for her to see me over the weekend.

I was told Darlene was 68 and had not been feeling well for a few weeks. Her stomach hurt after she ate, and eventually the only thing she could eat was peaches.

Darlene's exam showed that her skin was yellow and there was a hard lump in her stomach area. She was sent to the hospital to get a diagnosis.

A CT scan showed a tumor in her right lung. Her liver was

enlarged and full of nodules. Darlene had been a life-long smoker, and this tumor was presumed to be lung cancer, which had spread to her liver, but treating it required a definitive diagnosis. Her liver tests confirmed she had liver failure.

The gastroenterologist did a scope of her esophagus and stomach and was able to do biopsies of her liver.

When I got to the hospital, I had the oncologist paged. He told me the pathologist was 90% sure Darlene's case was small cell lung cancer, but needed another day to finish some confirmatory tests. Even at a 90% certainty, the treatments are too different.

With her liver failure, the oncologist wasn't comfortable sending her home and thought a few more days in the hospital while the biopsies came in seemed reasonable.

Armed with this information, I went to talk to her. She was awake and sat up when I turned on the lights. She looked tired, and her skin was bright yellow, but she had a quick smile that only a grandmother could have. I could see laughter and love in every one of her wrinkles.

I introduced myself and asked her to tell me what the oncologist had told her. "He said I have a tumor in my lung, and it spread to my liver. They won't know for sure if they can treat it until the biopsies are finished. I don't want to wait here for the next two days while that happens. Can I go home?"

"I think so. Let's see what we need to do to make that happen," I responded.

She was on a pump that gave her a constant infusion of pain medicine. She was also diabetic and on two blood pressure medicines. I worked with the pharmacist to make sure everything was set up for her discharge.

While I was sorting out her medications, her husband showed up. He wasn't there for the conversation with the oncologist earlier.

I introduced myself, and I could tell he was uncomfortable just being in the hospital and talking to a doctor. I asked him what he knew.

"I guess she has a tumor."

I told him it was more than a tumor. "Darlene has lung cancer that has spread to her liver and has caused it to fail."

He looked at her. "We'll just have to make sure she eats well so she's strong for the surgery."

I pulled a chair next to his and softly explained to him, "The cancer has already spread and surgery won't help it. It could be in other places besides her liver and we just can't pick it up yet."

"What about radiation?"

"Radiation would likely destroy the little bit of liver function she has left."

"Chemotherapy?"

"Maybe. When I talked with the oncologist earlier, he told me the chemotherapy used for this type of cancer will be very hard on her liver. It usually isn't used when the bilirubin level is higher than four and hers is six. If they can use any chemotherapy, it will need to be in very low doses."

"What options do we have, doctor?"

"This might not be treatable. Hospice is a good option. They could make sure Darlene doesn't have any pain or nausea, and they would be working with oncologists. We'll stay involved and make sure we do everything we can for both of you."

"How long does she have?"

"I don't know. I have never been good about giving that kind of information because everyone is a little different. Some people fight harder than others."

"How long? Months?"

"I don't think so."

"Weeks?"

"Maybe."

He looked away from me and tears welled up in his eyes as he looked at Darlene. She was quiet as she and I had already had this conversation. He looked at me again.

"Will she be okay at home?"

"It's a nice day. She needs to be home and with her family and friends."

He stood up and shook my hand. His voice was a whisper. "Thank you, doctor."

I reached for Darlene's hand, and she held my hand in both of hers. In that gentle handshake, I felt love, hope, gratitude, sadness, courage and resignation. My pager broke the moment I stood up to finish the orders for her to go home.

When I left the hospital the sun was bright and the sky was still the same shade of blue that promised nothing but warm days to come.

It was a beautiful spring day, and I was on call.

Early Education Building Construction Nears Completion



Photo courtesy of Travis Lund

Construction on the Mille Lacs Band Early Education Building is nearly complete. The bricks on the exterior of the building will help make it more energy-efficient and sustainable.

The construction of the new District I Early Education Building is almost complete.

Crews are installing ceramic tiles on the interior of the building and bricks on the exterior of the building. The flower, leaf and vine design was chosen to tie the exterior of the building to nature, like many of the other buildings on the reservation.

Brick, cement board siding, aluminum entrances, and metal roofing have been incorporated into the design to help make the building sustainable,

energy-efficient, and low maintenance.

Crews are also working on design elements inside the building, including taping drywall and painting classrooms. The next step is to install flooring, ceilings and cabinetry.

Crews broke ground on the 47,600-square-foot building in July 2011. The project is on schedule to be complete in August 2012, and the Head Start and Early Head Start programs are scheduled to start in the new building after Labor Day.

Emergency Services and Energy Assistance Updates

Editor's note: Information about the CITGO Grant was inadvertently printed in the May and June newspapers. This was the Inaaajimowin's error, and we apologize for any inconvenience that may have resulted.

By Valerie Harrington, emergency services and energy assistance program coordinator

CITGO Grant update

Thank you to all of the Band members who signed up to receive home heating assistance through the CITGO Grant program. Unfortunately, there are no longer funds available through this grant this year as funds were issued on a first-come, first-served basis.

Minnesota state energy application update

The Minnesota state energy application deadline was May 31, 2012. The emergency services department will send fall enrollment applications at a later date.

All Band members who have been granted eligibility for the Minnesota state energy program may also be eligible for crisis, Energy-Related Repair (ERR) and Reach Out for Warmth (ROFW) benefits.

To receive ERR benefits, Band members must have a problem with their furnace or water heater and should call the emergency services and energy assistance office. To qualify for crisis or ROFW benefits, Band members must be facing an energy disconnection or have a propane tank below 20 percent. In order to apply for crisis or ROFW benefits, Band members must provide documentation of an energy or heating bill. Please note that you will not

qualify for ROFW benefits if you have already received a crisis benefit.

For more information about these programs or to see if you qualify, contact our department at 320-532-7880.

Emergency loan reminder

When requesting a loan through the emergency services department, don't forget to complete the entire application and provide the necessary documentation pertaining to the specific loan you are applying for. A copy of the applicant's tribal ID is mandatory for all loan applications. Incomplete applications will not be processed until all the necessary documentation is provided.

For questions about application documentation, contact our office at 320-532-7880 for assistance.

Energy assistance and weatherization programs

The energy assistance and weatherization programs provide assistance in the form of heating, energy-related repairs, and home weatherization services to eligible Band member households located in Mille Lacs, Crow Wing, Aitkin, Pine, Kanabec, and Morrison counties.

Emergency services staff to visit districts

In July, an emergency services and energy assistance program staff member will visit each of the district community centers from 10 a.m.-noon on the following days to answer any questions from Band

members who participate or are interested in our programs.

- District II: Wednesday, July 18
- District IIa: Thursday, July 19
- District III: Wednesday, July 25

Below is more detailed information about each of our emergency service and energy assistance programs.

Emergency services and energy assistance programs

A variety of programs and services are available to eligible Mille Lacs Band members, including emergency loans, energy assistance, food distribution, and weatherization assistance.

Emergency loan program

The emergency loan program provides limited assistance to enrolled Band members who experience an unforeseen emergency. Loans may help assist with clothing, groceries, medical care, gas, utilities, rent, funeral expenses, and costs associated with fires or other natural disasters.

Food distribution program

The food distribution program is an alternative to food stamps for American Indian households. The program provides food packages instead of coupons or cards to eligible Band members living in Mille Lacs, Crow Wing, Pine, Aitkin, Kanabec, and Sherburne counties.

For more information or to determine if you qualify for a program, contact our office at 320-532-7880. We are located at 43500 Migizi Drive.

Grand Casino Mille Lacs Associates Assist With Tax Returns

By Sarah Barten, Grand Casinos public relations specialist

Grand Casino Mille Lacs assisted more than 600 Band members and casino Associates with their tax returns as a part of the Internal Revenue Service's Volunteer Income Tax Assistance (VITA) program. This year Grand Casino Mille Lacs VITA volunteers saved their clients more than \$100,000 in tax preparation fees.

VITA is a nationwide program serving more than two million taxpayers each year. VITA trains Associate volunteers to help taxpayers file their federal and state tax returns accurately and take advantage of the full range of credits and deductions they are eligible to receive. This is the 11th year that the casino's finance Associates have participated in the program.

"This is just another benefit Grand Casino Mille Lacs offers its Associates, and it's a great way to give back to our local community," said Jodi Hyatt, a Grand Casino Mille Lacs Associate and VITA volunteer.

Members of the IRS Stakeholder Partnerships, Education and Communication (SPEC) department, which sponsors the VITA program, recently met with Grand Casino Mille Lacs Chief Financial Officer Vernon Robertson to express appreciation for the casino's commitment to the program. They also recognized Jodi for her dedication as the VITA site coordinator at Grand Casino Mille Lacs.

"This program at Grand Casino Mille Lacs represents one of the few corporate entities in the country, and quite possibly the only casino, that sees free tax return preparation as a benefit to their employees, such that they have established a VITA site right on the premises. They have been doing this for some time as well, since as far back as 2002," said Steve Soria, the territory manager for SPEC.

New Emergency Services and Energy Assistance Program Coordinator



Photo courtesy of Valerie Harrington

In June the emergency services department hired Mille Lacs Band member Valerie Harrington as its coordinator for the emergency services and energy assistance program. Valerie has worked with the emergency services department for the past year as an eligibility technician.

As a long-time resident of the Mille Lacs community, Valerie is excited to serve her fellow community members in her new role.

"As the coordinator, I want to make sure our community is aware of all of the services we provide. I want to do the best job for my fellow Band members," said Valerie. "I welcome community input, and I want to provide the best quality service while complying with state, federal, and Band governments."

Tribal Child Support Updates

By Amy Doyle, director of tribal child support

Correction of child support check pick-up times

Child support checks can be collected on the Thursday and Friday following per capita distribution. Checks can be picked up at the child support enforcement office on Thursday from noon-5 p.m. and Friday from 8 a.m.-2 p.m. All uncollected checks will be mailed Friday afternoon. If the Band is closed on Friday for a holiday, collection instructions will be communicated in advance.

Also, a picture ID is required upon check collection, and checks cannot be released prior to the set times mentioned. For those receiving child support collections from Minnesota county agencies, the funds will be out onto debit cards by the Thursday after per capita distribution.

If you have questions regarding child support check collection, contact the tribal child support enforcement office on Monday-Friday from 8 a.m.-5p.m. at 320-532-7755.

Non-tribal court child support orders

The Mille Lacs Band Tribal Court cannot modify child support orders that were established in other county or state courts unless both parties agree to move their legal case to tribal court. However, the Band's tribal child support enforcement office can work with some counties and states to complete court actions outside of tribal court. We accomplish this through actions such as redirecting funds or terminating orders in the county or state where the orders were established.

For more information regarding this process, contact the tribal child support enforcement office at 320-532-7755.

By Circle of Health staff

Mille Lacs Tribal Community plan

Second notices regarding eligibility for the MLTC plan were sent to Mille Lacs Band members residing in Minnesota who either have COBRA or private insurance (except Minnesota Comprehensive Health Association).

The next Mille Lacs Tribal Community (MLTC) open-enrollment period begins on October 1. Those who are eligible will receive a letter in the mail along with a MLTC enrollment form.

Those who are eligible to enroll must have current insurance coverage, so it is important to not let your insurance lapse.

Circle of Health survey

Mii gwech (thank you) to all of the Band members who have submitted their Circle of Health surveys. We appreciate the comments, suggestions and feedback. For those who

haven't filled out a survey, the submission deadline is July 31. Everyone who submits a survey by July 31 will be entered into the \$200 Walmart gift card drawing, which will be held in August.

If you did not receive a survey, please contact our office at 320-676-8235 or 800-491-6106 to have one sent in the mail. Once the submission deadline closes, a summary of results will be included in a future update, however all individual responses will remain confidential.

MinnesotaCare

Some Band members will receive or may have already received notices stating that they are no longer eligible for MinnesotaCare, but instead are eligible for the Healthy Minnesota Contribution Program. If this notice pertains to you, please contact your Circle of Health claims processor to discuss the actions needed to remain insured.

Circle of Health forms

Remember to update your information with our department annually by completing an enrollment form and a release of information form when your contact information changes. It is important that we have a current phone number and address in case we need to contact you regarding a claim or reimbursement.

We also need current copies of your insurance information for benefit coordination. Contact our office at 800-491-6106 to request forms or visit the Mille Lacs Band website under "programs and services" to find the Circle of Health page.

Remember to allow two-six weeks for claims and reimbursements to process. Contact your claims processor if you have not received a reimbursement, a denial, or a request for more information after the processing time period.

Circle of Health Updates

Tribal Noteboard

Happy July birthday:

Grandma June, on July 17 from Keith, Dylan Jr., Mally, Leroy, and C-Bass • **Alissa Hicks**, 11 on July 20 from Mom, Dad, sisters, cousins, Auntie, and Grandma Patricia Jones • **Kiana**, on July 7 from Auntie Nancy • **Sophia**, on July 13 from Auntie Nancy • **Arianna Iaquinto**, on July 10 from Grandma Judy, Papa Toby, Chey, Dana, Sara, and Jon • **Sara Littlewolf**, on July 17 with love from Mom, sisters, Jon, Jeremy, and Toby • **Erica Garbow**, on July 15 from Auntie Jude, Dana and Chey • **Allison Mitchell**, on July 24 from Judy, Toby and cousins • **Jenny Mitchell**, on July 31 from Judy, Toby and cousins • **Cheyenne Rogge**, on July 30 from Mom, Toby, sisters, Jon and Joe • **Jerry Moose**, 12 on July 6 from Mom, Renae, Bentley, Zach, Kira, and Ashley • **Whitney Harrington**, on July 14 from Carrie, Renae, Bentley, Zach, Jerry, Kira, Rachel, Waylon, Mom, Dad, Nadine, Charlotte, Corey Jr., Cameron, Grandma Deb, Leonard, Blake, PJ, Sherry, Gabi, and Shawntel • **Memengwaa**, on July 1 from Kokum, Papa, Auntie, uncles, and cousins • **Jenny**, on July 7 from your sisters, brothers, Mom, Dad, nieces and nephews • **Daddy**, on July 7 from Ardel, Alexander, Albert, Nigel Jr., and Sabrina • **Grandma Elfreda**, on July 9 with love from the Sam-Ladd family • **Cedric**, on July 20 from aunties, uncles, Kokum, Papa, cousins, Dad, Auntie Jo, Uncle Ticc, and Auntie Day • **Deanna Sam**, on July 8 from Rachel and Waylon • **Max Dean**, 2 on July 12 from Rachel and Waylon • **Marissa Clare**, on July 12 from Rachel and Waylon • **Rachel**, on July 21 from Waylon, Dad, Boo, Koje, Marcus, Val, Mariah, Kevin, Karen, Gram, Basil, Nicole, Chris, Jameson, Cordell, Chris Jr., Tracy, Shelby, Max Dean, Aidan, Jarvis, Jake, Jamie, Aiva, Mark, Emery, Sharon, Wally, Rave, Melodie, Waylon, Boo, Randi, Jay, Kate, Peeps, Guy, Brad, Kristy, Peyton, Brae, Eric, Wesley, Bruce, Jayla, and Lili • **Alan Mitchell**, on July 21 from Lenore, Tyson, Eva, Faith, Jeff, and Jon • **Paige Mitchell**, on July 23 from Lenore, Tyson, Faith, Eva, Jeff, and Jon • **Ryan Smith**, on July 15 from Mom, Dave, Jeremy, Marie, Ryan Jr., McKenzie, Bev, Rog, Juni, Roy, and Jillian • **Isabel Sanchez**, 18 on July 4 with love from Mom, Michael, Luis, Braelyn,

Brynley, Grandma Pam, Thomas, Ana, and Theresa • **Tanya Nadeau-Boyd**, on July 3 from Grandma Judy, Papa Juice, and the girls • **Doreen Mitchell**, on July 1 from your friend Judy • **Karen**, on July 13 from Mickey, Phil, Nadine, Charlotte, Corey Jr., Cam, PJ, Whitney, Blake, Mom, Basil, Nicole, Chris, Jameson, Cordell, Chris Jr., Val, Mariah, Kevin, Brad, Tracy, Shelby, Max Dean, Aidan, Jarvis, Jake, Jamie, Aiva, Mark, Emery, Sharon, Wally, Rave, Melodie, Waylon, Boo, Randi, Jay, Kate, Peeps, Guy, Brad, Kristy, Peyton, Brae, Eric, Wesley, Bruce, Jayla, and Lili • **Nicole Anderson**, on July 2 from Mickey, Phil, Nadine, Charlotte, Corey Jr., Cam, PJ, Whitney, Blake, Mom, Gram, Basil, Chris, Jameson, Cordell, Chris Jr., Val, Mariah, Kevin, Brad, Tracy, Shelby, Max Dean, Aidan, Jarvis, Jake, Jamie, Aiva, Mark, Emery, Sharon, Wally, Rave, Melodie, Waylon, Boo, Randi, Jay, Kate, Peeps, Guy, Brad, Kristy, Peyton, Brae, Eric, Wesley, Bruce, Jayla, and Lili • **Doug OGuy Sam**, on July 27 from Mickey, Phil, Nadine, Charlotte, Corey Jr., Cam, PJ, Whitney, Blake, Rachel and Waylon • **Meskwanakwad**, on July 9 from JoAnna and Ticc • **APB**, on July 9 from Bonez, JoJo, Ticc, Day, Elle, DayDay, Elle, Jaxin, Tommy Lee, Chaddy, Gabby, BDub, Owen, Diamond, Silas, Paul, Buck Jim, and Bug • **Cilla Greenleaf**, on July 22 from Jo and Boy • **Valerie**, 8 on July 4 with love from Auntie, Elle, Jaxin, Chaddy, Gabby, and Tommy Lee • **Jaxin**, 8 on July 20 with love from Mom, Elle, Lance, Chaddy, Gabby, Tommy Lee and Dad • **Grandma Tisha**, on July 20 with love from Chaddy, Gabby, Jaxin, Tommy Lee, Elle, Dalene, and family • **Thomas**, on July 13 with love from Chaddy, Tommy Lee, Elle, Jaxin, DayDay and Gabby • **Tahya Thomas**, on July 13 with love from Auntie Meany and family • **Auntie Wanda**, on July 19 with love from Jaxin, DayDay, Elle, and family • **Vanessa Weyaus**, on July 12 with love from DayDay and family • **Alicia Skinaway**, on July 23 with love from Chaddy, Tommy Lee, DayDay, Elle, Gabby, Jaxin and family • **Jerry**, on July 6 with love from Auntie DayDay, Elle, Jaxin, Tommy Lee, Gabby, and Chaddy • **DayDay**, on July 21 with love from Elle, Jaxin, Tommy Lee, Chaddy, Gabby, Lance, Thomas, Tisha, Tina, Jose,

Lil Meany, Prince, Booz, BDub, Owen, Diamond, Silas, APB, Jo, and Ticc.

Happy July birthday to Mille Lacs Band Elders!

Robert Anderson
David Niib Aubid
Darline Barbour
MaryAnn Belgrade
Roberta Benjamin
Donna Boodoo
Lewelyn Boyd
Randall Clark
Martha Davis
Brian DeSantis
Rosella Eagle
Vernon Frye
Donna Gilmore
Karen Harrington
Caylen Jansen
Lawrence Johnson
Margaret Johnson
Loretta Kalk
Debra Kamimura
Dixie Kamimura
Judith Kanassatega
Richard Keller
Debra Kersting
Darlene LaFave
Bonita Lucas
Virginia Mann
Lucille Merrill
Meskwanakwad
Letitia Mitchell
Carol Nickaboine
Debra Olson
Sonja Peroceschi
Joseph Pewanush
Steven Premo
Daryl Quaderer
Elfreda Sam
Valerie Shinogbe
Alicia Skinaway
Geraldine Skinaway
Loretta Smith
Andrew St. Clair
Ruth St. John
Patricia Thomas
Jolette Zapf

Anniversaries

Happy anniversary to **Andy and Jennifer** on July 22 from your sister.

Happy anniversary to **Kim and Tina Peet** from Alyxandria, Jordan and Theresa.

Congratulations

Congratulations to **Melissa Miller** for receiving her bachelor's degree from Bethel University; **Rhonda Flett** for receiving her degree from

North Hennepin Community College; **Brian Barstow** for receiving his degree from Dunwoody College; **Ashley Olson** for receiving her degree from Minnesota School of Business; and **Joey DeMarsh** for receiving his degree from Minneapolis Media Institute *from Grandma Olson and Family.*

Congratulations to **Jeremy Smith** for receiving your GED. We are proud of you *from Mom, Dave, Carter, Kennedy, Ryna, Marie, Rog, Bev, Juni, Roy, Jillian, and the Smith family.*

Congratulations to **Alyssa Buckanaga** for graduating from Minisinaakwaang Leadership Academy *from Tina and Kim Peet and family.*

Birth announcements

Congratulations to Dakota on the birth of your son **Kyel Lee Gahbow**. He joined this world on June 6. Kyel is welcomed home by big sister Kyla, Nana and Uncle. We love you.

Daniel Lawrence Pewanush Jr. journeyed onto Mother Earth on March 28, 2012, at 6:58 p.m. He was welcomed by his mother Naomi Long and father Daniel Pewanush Sr., his sisters, Raining Pewanush, and Naylani Potter-Long, all of Onamia. Also welcoming him are his paternal grandparents, Steven and Pam Pewanush, both of Onamia, his maternal grandparents, Ron Long Sr. of Red Lake and Beryl Rock of Cass Lake. Daniel was born at St. Cloud Hospital. He weighed 10 lbs., 4 oz., and was 20 in. long.

In memory

In loving memory of Auntie Cookie – **Valerie Ann Skinaway**. Thinking of you on your birthday – 7-14-48 – and always. We miss your beautiful smile and laughter. Always in our hearts, *from Meany girl and family.*

Obituaries

Cheryl Annette Sutton

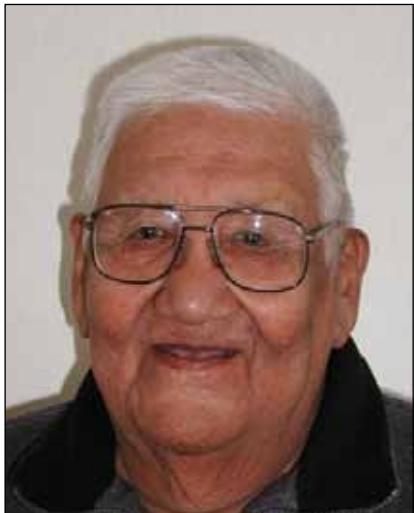
Born – 9-8-1968
Died – 5-5-2012
Lived in District III

Dianna Jean Benjamin

Born – 8-10-1975
Died – 5-24-2012
Lived in Minneapolis

Ojibwe Culture and Traditions

Always Moving, Always Camping



By the late Jim Clark, Mille Lacs Band Elder

The Anishinaabe – what we Indian people call ourselves – were sometimes referred to as nomads, and for a good reason. Before the arrival of the Europeans, there was a lot of area for animals and people to live. Making a living was no problem for the Anishinaabe. They lived in one area until their sources of food, animals, wild plants, material for dwellings, and wood for heating was getting scarce. Then they would move to where these living sources were better.

When the European people arrived, the Anishinaabe had to find a way to make a living. That was to work for the white man. When the Anishinaabe found a job, they would move and camp closer to work. Very few Ojibwe Anishinaabe had horses. Lack of transportation was another reason they had to camp out.

Camping out for a whole season went something like this: first it was the sugar camp. When that was over, it was home for a little while to clean around the house and prepare for planting. Around that time, the ceremonies would start, so they would move to

the ceremonial site for a couple of weeks. Then it was pulpwood time. They would move to wood pulp camp and remain there until the blueberries ripened. During this time, the people would go check on their homes on weekends and maybe do some work on their gardens. Sometimes after blueberries were done, the people would move home and stay for a couple of weeks or until the rice was ripe. Then it was off to the ricing camp. After ricing, instead of going home, they looked for work helping the farmers harvest their crops. There they camped on the farmers' land. By the time crops were harvested, it was too cold to camp anymore, so at last they moved home to work on their gardens and for the kids to go to school.

During the winter, the men hunted. Sometimes they would carry a blanket and stay out in the woods all night. A blanket, a small pot for tea, and bread – it's nice by a big fire all night. No one does that anymore. Too bad!

Of course, the Anishinaabe spoke their own language during this time. Now we have a written language, too. To give you an idea of what our written language looks like, here is the first paragraph of this column again, this time in Ojibwe:

Eniwek isa apane
gaapimigozidd a'aw
Anishinaabe. Misa waago imaa
beshu endaad gegu wii ano
kaadang giishpin igo niizho gon
wii tazhii kang waa ina no kiid
miigo booch iwidi kawe gaa izhi
gozid iwidi wii nibaad.
Maagizhaa l'iw gii a'ya zig
bemiwinigod mii apane gaa onji
bimi gozid.

Upcoming Mille Lacs Indian Museum Events

Kids craft workshop

Kids can enjoy light snacks and learn a basic stringing technique while beading a ring to take home. This project is recommended for children eight years or older.

The workshop costs \$3 per kit and will be held on Saturday, July 7, from 11 a.m.-3 p.m.

Artist in Residence Program

The Mille Lacs Indian Museum and Trading Post is seeking Ojibwe artists, including several from the Mille Lacs Band, to participate in an Artist in Residence Program. Each artist will work on their arts and crafts at the Trading Post for two days. Visitors will be able to speak with the artist, watch them work, and learn how to incorporate natural materials collected from the northern Minnesota woodlands.

Upcoming artist residencies will feature Mille Lacs Band members on the following weekends from 11 a.m.-4 p.m.:

- Pat Kruse will create birch bark murals on July 13-14
- Cheryl Minnema will create beadwork and moccasins on July 20-21
- Joyce Shingobe will create beadwork on July 27-28

Beading 101 workshop

Learn basic beading styles and techniques in this two-day workshop. Participants will learn to make necklaces and bracelets. This class will be held from noon-4 p.m. on Saturday, July 28 and from 10 a.m.-2 p.m. on Sunday, July 29.

The workshop costs \$60 for the general public or \$55 for Minnesota Historical Society members and Mille Lacs Band members plus a \$15 supply fee.

Please call 320-532-3632 for more information.

2012 Grand Celebration Powwow



Photo courtesy of Ivy Vainio



The Grand Celebration Powwow was held at Grand Casino Hinckley on June 15-17. The powwow, which is one of the largest in the area, is a competition powwow, which means dancers compete in different categories and age groups for prizes.

There are several different types of dance styles: men's traditional, men's grass, men's fancy, women's traditional, women's jingle, and women's fancy shawl. Each dance tells a special story through the particular dance steps and the dancers' regalia colors and designs.

The Newspaper of the Mille Lacs Band

OJIBWE INAAJIMOWIN

"The story as it's told."

Kelly Sam, Editor

Phone 651-292-8062 Fax 651-292-8091

kelly@goffpublic.com

255 East Kellogg Blvd., Suite 102, St. Paul, MN 55101

Please provide information by the 15th of the previous month.

Calendar of Events

July 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	Narcotics Anonymous Red Brick House 6-7 p.m. Every Monday Walk Around Mille Lacs Begins (See page 8)	The Jets* Grand Casino Hinckley Amphitheater 8:30 p.m.	All government offices off for Mid-Summer Day			Santana* Grand Casino Hinckley Amphitheater 9 p.m. Kids Crafts Mille Lacs Indian Museum 11 a.m.-3 p.m.
8	AMVETS Meeting Grand Casino Mille Lacs 6 p.m. Contact: Allen Weyaus 320-630-2988	9	10	11	12	13
			Swearing-In Ceremony Mille Lacs Band Government Center 10 a.m.			Artist in Residence Mille Lacs Indian Museum 11 a.m.-4 p.m.
15	16	17	18	19	20	21
		District II Leadership Academy School Board Meeting 4 p.m. Contact: Raina Killspotted 218-768-2345	District I Community Meeting District I Community Center 5:30 p.m. Contact: Billie Jo Sarcia 320-532-7423	All-District Elder Meeting Mille Lacs Assisted Living Unit 11 a.m. Contact: Denise Sargent 320-532-7854	Artist in Residence Mille Lacs Indian Museum 11 a.m.-4 p.m.	
22	23	24	25	26	27	28
			District IIA Community Meeting Chiminising Community Center 5:30 p.m. Contact: Lesley Sam 320-676-1102	District II Community Meeting East Lake Community Center 5 p.m. Contact: Jenny Waugh 218-768-3311 Urban Area Community Meeting All Nations Indian Church 5:30 p.m. Contact: Barb Benjamin-Robertson 612-872-1424	Foreigner* Grand Casino Mille Lacs 8 p.m. Artist in Residence Mille Lacs Indian Museum 11 a.m.-4 p.m.	Beading 101 Workshop Mille Lacs Indian Museum 12-4 p.m.
29	30	31	August 1	2	3	4
5	6	7	8	9	*To Purchase Tickets Visit a Grand Casino box office, call TicketMaster at 800-745-3000, or visit www.ticketmaster.com	<i>If you would like an event included in the community calendar, please contact Kelly Sam at 651-292-8062 or write to Kelly at kelly@goffpublic.com</i>

What Is Your Favorite Outdoor Sport or Recreation?

Sami Thomas



"Barbecues with family and friends."

Camille Smith



"Camping with the kids. We are going to the Wisconsin Dells this summer."

Tara Benjamin



"Fishing with my kids and family."

Wendy Merrill



"Going out on our boat and spending time with my family."

46TH ANNUAL MILLE LACS BAND OF OJIBWE TRADITIONAL POWWOW

AUGUST 17-19, 2012

GRAND ENTRIES:
FRIDAY - 7PM
SATURDAY - 1 & 7PM
SUNDAY - 1PM

EVENTS:
PRINCESS & BRAVE CONTEST
BEST PARADE FLOAT CONTEST
BEST REZ CAR CONTEST
HORSESHOE TOURNAMENT
MOCASIN GAME
FUN RUN (SPONSORED BY THE MILLE LACS INDIAN MUSEUM)

**FREE: ADMISSION, CAMPING,
SHOWERS, AND FIREWOOD
(OFF-SITE FIREWOOD PROHIBITED)**

ON SALE:
POWWOW T-SHIRTS
& JACKETS
POWWOW BUTTONS
RAFFLE TICKETS

PRIZE 1: ATV
**PRIZE 2: 52 WEEKS OF BINGO AT
GRAND CASINO MILLE LACS**
PRIZE 3: GRILL & PATIO SET

DRUM MONIES:
DRUMS MUST HAVE A MINIMUM OF 5 SINGERS. ALL SINGERS MUST PERSONALLY REGISTER WITH THEIR DRUM AND DESIGNATE ONE INDIVIDUAL WHO WILL COLLECT AT PAYOUT. AT LEAST 5 REGISTERED SINGERS MUST BE PRESENT AT THE DRUM DURING EACH ROLL CALL IN ORDER TO BE PAID FOR THAT SESSION.

**FOOD & CRAFT VENDORS WELCOME:
LIMITED SPACE-RESERVE EARLY
CONTACT ROB THOMPSON 320-532-7841**

**FOR MORE INFORMATION:
CARLA BIG BEAR 320-532-7517
KIM SAM 320-224-1646
NO ALCOHOL, DRUGS, OR FIREWORKS ALLOWED
SECURITY AND MEDICAL STAFF ON PREMISES**

NOT RESPONSIBLE FOR ACCIDENTS OR LOST/STOLEN ITEMS

OJIBWE INAAJIMOWIN

August 2012

"The story as it's told."

Volume 14 • Number 8

Chief Executive and District I Representative Take Office



Mille Lacs Band Chief Executive Melanie Benjamin addresses the crowd after being sworn in on July 10.

Mille Lacs Band Chief Executive Melanie Benjamin and District I Representative Sandra Blake were sworn in to office on July 10. Hundreds of Band members and friends of the Band gathered for the swearing-in ceremony and picnic lunch at the Mille Lacs Band Government Center.

Three Nay Ah Shing school board members – Kimberly Jayne Kegg, Semira Kimpson, and Eloise Betsy Wind – were also sworn in during the ceremony.

Our new Chief Executive

As Chief Executive, Melanie will lead the Band's executive branch that implements Band laws and administers programs and services. She plans to immediately start tackling the many challenges facing the Band, including economic diversification, housing, education, language preservation, and more.

Most recently, Melanie was interim director of the Pine

Grove Leadership Academy in District III. She previously served the Band as Chief Executive from 2000-2008, Commissioner of Administration from 1989-1997, and chief of staff to the late Chairman Art Gahbow. She has also been senior vice president of administration and finance at Grand Casino Hinckley, and has served the American Indian community through numerous boards and organizations at the local, state and national levels.

"I'm honored to be serving a tribe of 4,300 people who take so much pride in being Mille Lacs Band members," Melanie said. "I share that pride as your Chief Executive, and I plan to channel your energy and the executive branch's hard work into solving problems and strengthening the Band."

Born in Danbury, Wisconsin, Melanie was raised in Lake Lena and St. Louis, Missouri. Melanie's family was one of the many American Indian families that the Bureau of Indian Affairs



Mille Lacs Band District I Representative Sandra Blake is sworn in to office by Mille Lacs Band District I Associate Justice Clarence Boyd.

tried to relocate to seven large U.S. cities, including St. Louis.

Sandra Blake enters third term

In her second consecutive and third overall term, Sandra will represent District I of the Mille Lacs Reservation. With 1,458 Band members, it's the reservation's most populous district.

Sandra has also served the Band as executive director of education, among other

positions, and has held numerous roles within the Minnesota Historical Society at the Mille Lacs Indian Museum. Sandra was born and raised on the Mille Lacs Reservation.

"My job is to serve District I Band members," Sandra said. "I appreciate the support that I received in the election, and I will continue to protect and promote the general welfare of the Band members from the district that I was elected from."



Kimberly Jayne Kegg, Semira Kimpson, and Eloise Betsy Wind were sworn in as Nay Ah Shing school board members.



MILLE LACS BAND OF OJIBWE
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District II of Mille Lacs Reservation Declared Disaster Area



Photo courtesy of Monte Fronk

(Editor's note: Last month an incorrect caption appeared with this photo. This month we are providing a corrected caption.) Rick Benjamin, who works in the District II ALU maintenance department, delivered bottled water to Band members during the flooding in District II. He and Maurice Benjamin, who works in the District II public works maintenance department, built the temporary bridge shown in this photo.

As the *Inaaejimowin* reported last month, Band members living in District II of the Mille Lacs Reservation near McGregor experienced heavy rains that led to flooding in late June. Due to the damage caused to property and infrastructure, the area was included in a federal disaster declaration by President Obama on July 6.

"A disaster declaration like this means that the Federal Emergency Management Agency (FEMA) will cover 75% of the costs related to fixing or replacing public infrastructure and other facilities that were damaged," said Monte Fronk, emergency management coordinator. "The Band is in the beginning stages of its formal damage assessment."

About 287 Band members live in District II (East Lake), including about 50 people who reside in the Band's Apple Orchard development, which was cut off during the flooding. Rick Benjamin, who lives in Apple Orchard and works in the maintenance department at the District II Assisted Living Units, used his two ATVs to help deliver food and water to his neighbors for three days. Maurice Benjamin from the District II public works staff also assisted in this effort.

"The roads into the development were completely flooded. Trails were our only option," Rick said. Rick and Maurice got their supplies from the East Lake Community Center, which served as the Band's command center during the flooding.

The road into the District II Assisted Living Units was also under water. The four residents were evacuated on ATVs, with help from Rick and the Band's natural resources and public works departments. They stayed at a hotel in McGregor for three days.

Most local residents had electricity throughout the flooding, but they were instructed to boil their drinking water as a precaution.

Emergency response

The recommendation to boil drinking water was one of the many communications that came from the Band's Tribal Emergency Response Committee (TERC) to help Band members affected by the flooding. TERC was activated as part of the Band's emergency response plan for natural disasters and other crises.

Renee Johnson, program administrator for East Lake and an Apple Orchard resident, was at the community center throughout the crisis to help keep track of the trouble spots and direct conservation officers and others to District II homes.

"People who stopped by or called the community center were primarily seeking water, food packets, and information," Renee said.

Several Mille Lacs Band departments were part of the response effort during the flooding, and some are still working to assess and address damages. For instance:

- Public works, part of the Community Development

Department, monitored and restored roadways and built temporary bridges.

- Housing, another part of the Community Development Department, has been assessing damage to District II homes.
- The Department of Natural Resources checked on people, delivered supplies, and monitored drinking water and sewer concerns. The DNR has continued to monitor water levels of effected waterways and shorelines.
- Emergency management, part of the department of public safety, coordinates emergency preparedness and is working with the state and federal government on the disaster declaration and FEMA funding.
- The Health and Human Services Department filled and delivered people's needed medications during the floods. Staff was also available for behavioral health needs.

"Mii gwech to everyone who helped during the flooding," said District II Representative Marvin Bruneau. "Special thanks to our conservation officers, tribal police officers, Monte Fronk, Maurice Benjamin, Rick Benjamin, and Lance Vanderburg for all their extra effort."

Additional recognition goes to:

- DNR conservation officers Jared Rasoti, Mike Taylor, and others who are trained in search and rescue and got to families in need on ATVs before other departments could reach them.
- Public Health Director Lisa Blahosky and her staff, including Allison Harr, who provided health care to the people who needed it and helped get medications to the residents whose supplies ran low.
- Ginger Weyaus, executive director from the Health and Human Services Department, who was on site to coordinate food and water distribution from District I to residents in District II.
- Jeff Moose from District II maintenance, who helped

locate where Band members live.

- Commissioner of Administration Carolyn Shaw and Assistant Commissioner of Administration Michelle Palomaki, who helped guide the decision-making on site and made the process run smoothly.
- Commissioner of Community Development Sam Moose, who drove to Grand Rapids for additional water after the existing supplies ran out.
- Director of Public Safety Sid Lucas, who helped evacuate a family and many other tasks.
- Amanda and Amber Bruneau, who opened the East Lake Convenience Store each day during the flooding.
- Tribal police officers, who helped transport people.
- The many community members who checked on their neighbors and used Facebook and other tools to check on people and provide updates.
- Everyone else who helped in a variety of ways.

Lake and river levels

Days after the heavy rains, the Mississippi River crested on June 28 at 18.71 feet, one of the highest levels on record. Water levels on Big Sandy Lake also crested on June 28. According to the U.S. Army Corps of Engineers, the gauge on Big Sandy Lake rose from 17.55 feet on June 19 to 22.93 feet on June 28.

This is the worst flood the area has experienced since 1950. Thirteen Minnesota counties and three tribal nations (Mille Lacs, Fond du Lac, and Grand Portage) are part of the federal disaster declaration. Preliminary assessments estimate the flooding and storm damage at more than \$108 million.

Now that the waters have receded, Marvin says the tribal government is assessing damage to homes, other facilities, and areas including the cemetery next to Big Sandy Lake.

Back-to-School Reminders

Nay Ah Shing has later start date

As the 2012-2013 school year is about to begin, the Band's Nay Ah Shing Schools are gearing up to welcome back students on September 4. Teachers will report for work at their usual time on August 21. The late start will allow teachers time to prepare classrooms due to the remodeling of the lower school building.

Nay Ah Shing School enrollment and registration will be held from 8 a.m.-3 p.m. daily at the upper school with the school registrar, Betty Mondeng. If you have questions about enrollment or registration, please call Mary Simon at 320-532-4695, ext. 2104.

You must bring along a copy of the student's birth certificate and social security card to register at any of the schools.

Nay Ah Shing Schools to continue offering free meals

Nay Ah Shing Schools will continue offering breakfast and lunch at no charge to all students during the 2012-2013 school year under the National School Lunch/School Breakfast Programs.

Minisinaakwaang Leadership Academy

Minisinaakwaang Leadership Academy's new school year started on July 30. The charter school, which holds classes throughout the year, is still accepting enrollments. To enroll, call Noah Johnson at 218-768-3477.

Head Start for three- to five-year-olds

If you are looking for a fun, educational environment for your three- to five-year-old child, please contact the Head Start program in your district for more information.

- District I: 320-532-4690
- District II: 218-768-3311
- District III: 320-384-7162

Please note that your child must be age three by September 1, 2012, in order to register for Head Start. The first day of Head Start begins on September 4 (contingent on construction completion).

Schedule your child's physical exam

Each child in Early Head Start/Head Start needs to have a physical with immunization updates and a dental exam

before starting school. When making the appointment, you will need to state that the exam is for Early Head Start/Head Start to ensure that all requirements are met. A parent or guardian must accompany each child to these exams.

For more information, contact one of the clinics listed below, or call Gaylene Spolarich or Berd Przybilla at 320-532-4690 for assistance.

- Ne-la-Shing Clinic: 320-532-4163
- East Lake Clinic/Community Center: 218-768-3311
- Aazhoomog Clinic: 320-384-0149
- Mille Lacs Health System: 320-532-3154

Immunizations required

The following immunizations are needed to start school this fall in all Minnesota schools.

Kindergartners

- Five diphtheria, pertussis and tetanus (DPT) immunizations
- Four polio immunizations
- Two measles, mumps and rubella (MMR) immunizations
- Three-dose Hepatitis B series
- Varicella immunization
- Four doses of HiB vaccine, which protects against HiB disease that can cause meningitis, throat swelling, and infections (recommended, but not required)

Seventh graders

- Two measles, mumps and rubella (MMR) immunizations
- Updated diphtheria and tetanus (DT) immunizations
- Three-dose Hepatitis B series
- Varicella immunization

Parents: Please note that the varicella immunization, also known as the chickenpox vaccine, is not required for students who have already had chickenpox. If your child has had chickenpox, please send the school nurses an approximate date of when your child had it. Also, please contact your clinic to schedule Hepatitis B shots for any child who has not yet had them. If your child has started but not finished the series of shots, your clinic can simply finish the series.

All students must have their immunizations up to date and on record with their school.

Boys & Girls Club Members of the Month

By Justin Beaulieu, Boys & Girls Club director

The Mille Lacs Band's Boys & Girls Club honor Band youth from each district as members of the month.

To be chosen for this award, participants must consistently have a positive attitude and willingness to learn and try new things. Additionally, they must show certain leadership characteristics and the attributes of a good role model.

District I



The District I Boys & Girls Club chose Sophie LaDue as the club's July member of the month. Sophie, a five-year-old, will start kindergarten this fall at Nay Ah Shing School.

"Sophie was chosen because of her kindness and positive attitude," said Christina Nayquonabe, District I Boys & Girls Club coordinator. "She is always joyful and excited for club activities."

District IIa



The District IIa Boys & Girls Club selected Tylese and Tyla Irving as the club's July members of the month. Both girls attend Nay Ah Shing School and had the highest attendance in the club for the past two months.



Tyla Irving

"Tylese and Tyla were chosen as the members of the month because of their kind hearts and great attitudes they show at the club," said Charlee Edwards, District IIa Boys & Girls Club coordinator. "You can't have one without the other, and the care and respect they give to each other and other club members is amazing."

District III



The District III Boys & Girls Club honored Rhea Shabaash and Dallas Roseland as its July members of the month.



Rhea, a second-grader at Hinckley Elementary School, had the second highest attendance in her group and tied for the most starts in the club's Star Program, a rewards program that merits stars for participation and performance. Rhea participates in the reading, nature, cooking, and craft clubs; the arts; Project Learn; Smart Kids; and Power Hour, a national homework help program run at Boys & Girls Clubs.

Dallas, an eighth-grader, was the only teenager with perfect attendance at the club in July. He also had the highest number of stars in the Star Program for his group.

"Both Rhea and Dallas display excellent behavior at the club," said Weylin Davis, District III Boys & Girls Club coordinator.

Congratulations to Sophie, Tylese, Tyla, Rhea and Dallas for being July's members of the month!

Photos courtesy of the Boys & Girls Club.

Free Hearing Evaluations

To schedule an appointment for **Friday, August 10**, at Ne-la-Shing Clinic, call 320-532-4163. Walk-ins are welcome. We will do our best to serve you.

Hearmore Hearing has offices in St. Paul and Osseo. To schedule an appointment Monday through Friday, call the St. Paul office at 651-771-4019 or the Osseo office at 763-391-7433.

Mille Lacs Band Government 101

Welcome to a new series in the *Inajimowin* called "Mille Lacs Band Government 101."

We have several future topics that came to us directly from Band members. If you have a question about the Band government, please send it to *Inajimowin* Editor Kelly Sam at kelly@goffpublic.com for consideration in an upcoming edition of the paper.

What does each branch of the government do? Why are they separate?

The Mille Lacs Band has a three-branch system of government, just like the state and federal governments do. Those three branches are the executive, legislative and judicial, and they each have separate responsibilities. The reason for having them separate is to ensure that no single person or part of the government has absolute power in any one area.

Executive branch

The head of the Band's executive branch, the Chief Executive, is responsible for implementing Band laws and appropriations. This includes signing contracts and agreements on the Band's behalf, issuing executive orders, calling elections, and conducting the Band's government-to-government relationships with

the State of Minnesota, the United States, and other tribes. His/her duties also include approving or vetoing Band laws and appointing and overseeing commissioners, who administer the Band's programs and services.

Legislative branch

The legislative branch – known as the Band Assembly – is comprised of three District Representatives and the Secretary/Treasurer, who is also the Speaker of the Assembly. The Speaker has the authority to convene the Band Assembly meetings. His/her presence constitutes a quorum, but the Speaker has no vote on any Assembly business. Outside of Assembly meetings, the Speaker assumes the important duties of the Band's Secretary/Treasurer. In this position, he/she is responsible for the financial activities of the Band and has the authority to investigate any financial irregularities, including authorizing subpoenas for this purpose.

The Band Assembly develops and amends laws and appropriates money for the operation of the tribal government. These actions start as bills for the Band Assembly's consideration. A District Representative sponsors a bill and introduces it at a Band Assembly meeting. After

discussion, and depending on the bill's subject, it can be passed immediately by a majority of the Band Assembly or tabled for further discussion.

A bill may be changed or added to during the process. Some statutory amendments within a bill are required to go out for public comment, in which case meetings are held in all three districts. Other statutory amendments may go to public hearing at the Band Assembly's discretion. When a date is set for the Assembly to vote on a bill, a majority vote is required to pass the bill.

Bills that are passed go to the Chief Executive, who has the responsibility to sign or veto each bill. If a bill is vetoed, it is returned to the Band Assembly with a written comment providing the reason for the veto. Within five days, a compromise hearing must be held, during which the Band Assembly and the Chief Executive attempt to reach an agreement on the bill.

Sometimes the bill passes after a compromise is reached; other times it fails, and no further action may be taken on it for at least 180 days. The exception is an appropriations (funding) bill, which the Chief Executive has three days to act on, then compromise meetings must continue until an agreement is reached.

The Band Assembly also confirms commissioner appointments made by the Chief Executive, ratifies contracts and agreements, adopts resolutions, and performs other legislative functions. The Band Assembly does not administer Band programs and services. The Office of Management and Budget reports directly to the legislative branch.

Judicial branch

The Band's judicial branch – known as the Court of Central Jurisdiction – preserves and maintains Band laws and accords equal rights, equal protection, and equal opportunity for Band members under Band laws and statutes.

It includes a District Court and a Court of Appeals, consisting of judges nominated by the Chief Executive and ratified by the Band Assembly. The District Court hears all civil cases, including traffic and natural resource violations, small claims, family cases, juvenile justice cases, and more. The Court of Appeals, consisting of one judge from each of the three reservation districts (including the Chief Justice), handles any appeals from the District Court. In both courts, the judges review the laws that are relevant to the case they are hearing to determine the outcome of that case.

Band Youth Attend UNITY Conference in Phoenix, AZ



Mille Lacs Band Boys & Girls Club members visited the Grand Canyon during their trip to Arizona for the UNITY conference on July 6-10.

Youth from the Mille Lacs Band Boys & Girls Club attended the UNITY conference in Phoenix on July 6-10. UNITY, which stands for United National Indian Tribal Youth, is a nationwide organization designed to empower tribal youth by fostering their mental,

physical, social, cultural and spiritual growth. Conference participants discussed the major issues affecting tribes today, including health, families, culture, education, economic development, the environment, and tribal governments.

Vineland Water Tower Undergoes Repairs



By Brian Scheinost, director of public works

The Mille Lacs Band public works department is in the process of cleaning, repairing and painting the 200,000-gallon water tower in Vineland at the intersection of Atooban Drive and Virgo Road.

The project will include repairing some of the welds which hold the steel water tower together and repairing and replacing components inside the tower.

Once the repair work is complete, the contractor will sandblast the paint from the interior and exterior of the tower. The water tower will be covered during the sandblasting.

Finally the water tower will be painted the same color blue as the Bugg Hill water tower. The Mille Lacs Band logo will also be painted on the north and south sides of the tower.

The project is scheduled to be complete by mid-August.

If you have any questions about the project, contact Brian Scheinost, director of public works, at 320-532-7437.

Mille Lacs Band Employment Opportunities and Recent Hires

By Sarah Barten, public relations specialist at Grand Casinos

There are several employment opportunities for Band members at Grand Casino Mille Lacs, Grand Casino Hinckley, and the Corporate Commission's non-gaming operations.

Working at the casinos has afforded several opportunities for Band members, including Rosalind Leon, HR generalist.

Rosalind first learned about the open positions at Grand Casino Hinckley from the employment section of the Grand Casino website. She found a job she was interested in, applied, interviewed, and was hired as a HR representative in July 2011.

In December 2011, Rosalind began job shadowing the director of risk management and learned the different aspects of the HR department, which positioned her perfectly for a promotion to HR generalist.

"I really like working with my fellow co-workers and other Associates and Guests," Rosalind said. "This job is very rewarding and allows me to provide for my family."

Band members interested in finding employment at Grand Casinos, Corporate Commission, or a non-gaming Band-owned business should contact one of the following HR representatives.

- Grand Casino Mille Lacs: Deb Matthews, 800-626-5825, ext. 8325
- Grand Casino Hinckley: Bonnie Matrious, 800-472-6321, ext. 4929
- Corporate Commission/non-gaming businesses: Nicole Hyatt, 320-532-8844

New hires

Congratulations to the following Band members who were recently hired.

- Daniel Pewaush, buffet host at Grand Casino Mille Lacs
- Robert Oswaldson III, systems service desk tech trainee, Grand Casino Mille Lacs and Grand Casino Hinckley
- Courtney Boyd, cage cashier at Grand Casino Mille Lacs
- Lynn Kegg, bingo attendant at Grand Casino Mille Lacs
- Athena Sagataw, arcade attendant at Grand Casino Mille Lacs

- Keith Boyd, slot technical assistant manager at Grand Casino Mille Lacs
- Stacy Skinaway, hotel room attendant at Grand Casino Mille Lacs
- Todd Big Bear, Makwa Cinema cashier at Grand Makwa Cinema
- Starrise Colsrud, finance revenue auditor at Grand Casino Hinckley
- Pernell Redday, banquets line cook at Grand Casino Hinckley

Promotions

Congratulations to the following Band members who were recently promoted at their jobs.

- Rodney Pendegayosh was promoted to entertainment and events manager at Grand Casino Mille Lacs. Rodney has nine years of casino experience and five years of supervisor and management experience. He has excellent communication, organizational and analytical skills.
- Danielle Churchill was promoted to slot service Associate at Grand Casino Hinckley. Danielle has been an Associate of Grand Casino Hinckley since 2011 and has excellent guest service skills.
- Ashly Johnson was promoted to purchasing assistant at Grand Casino Hinckley. Ashly plans to graduate in May 2014 from the University of Minnesota Morris with a degree in marketing.
- Corrin Locke was promoted to buffet cashier at Grand Casino Hinckley. She has been trained in many areas of the food and beverage department, including hosting, serving, and now as a cashier.

Other employment opportunities

The Mille Lacs Band Marathon Convenience Store, Subway, Grand Market, and Grand Makwa Cinema are hiring. For more information or to apply, contact Nicole Hyatt at 320-532-8844.

Also, Band members interested in receiving e-mailed job postings on a weekly basis can send their contact information to bandmemberjobs@ccmlb.com.

Emergency Services and Energy Assistance Updates

By Valerie Harrington, emergency services and energy assistance program coordinator

Emergency services staff member highlight



Photo courtesy of Val Harrington

Brandi Wagner

In an effort to connect Mille Lacs Band members to the names and faces of the emergency services program, this month the department is highlighting Brandi Wagner, its longest-standing employee. Brandi, a Band member and an emergency support technician, celebrated her third year with the program in June.

As an emergency support technician, Brandi is responsible for assisting clients with loan processing and state energy applications.

"I like working with my coworkers and helping people with their needs," said Brandi.

Brandi graduated from Isle High School and has lived in the Mille Lacs community her entire life.

Identification reminder

Each time Band members visit the emergency services office to apply for a loan, they must provide a copy of their tribal ID or certificate of enrollment. This protects emergency services clients by ensuring that someone

else cannot apply on their behalf. This also validates that the correct amount is documented for the loan.

Food distribution program reminders

The food distribution program is an alternative to food stamps for low-income American Indian households. The federal program provides food packages instead of coupons or cards to eligible Band members living in Mille Lacs, Crow Wing, Pine, Aitkin, Kanabec, and Sherburne counties.

The commodities available include dry packaged goods, an assortment of canned vegetables and fruits, frozen meats, soups, beans, pasta, sauces, rice, cereal, flour, oats, butter, cheese, milk, fruit juices, and more.

Households are eligible based on income and resource standards set by the federal government, and must be recertified every 12 months. Elderly and disabled households may be certified for up to 24 months. Households which use food stamps are not eligible for the food distribution program.

The amount of food available for each household depends on eligibility and family size. Orders are processed and filled by the warehouse staff. Once you apply and are accepted into the program, you may call or fax orders directly to the warehouse staff or food distribution clerk. To place an order, call 320-532-7510 or fax it to 320-532-3725.

Program applications are available at the emergency services office and at each of the district community centers and ALU units. The application can also be faxed, mailed, or e-mailed upon request.

For more information or to determine if you qualify for a program, contact our office at 320-532-7510. We are located at 16745 Shaw Bosh Kung Drive.

Primary Election: August 14

By Jamie Edwards, director of government relations

Don't forget to vote in this year's state primary election on Tuesday, August 14. Absentee voting for the primary opened on June 29 and will remain open through August 13.

Primary elections for U.S. Senate candidates will be held in all Minnesota legislative districts. Primary elections for U.S. Representatives, state senate, and state representative seats will be held in districts where more than one candidate from the same party is seeking the same office.

Your vote is crucial to help decide which candidates move on to the general election. The primary elections will narrow the field of candidates to one candidate per party per elected office for the general election ballot in November.

Because this year was a redistricting year, your district and polling location may have changed since the last time you voted. Visit the Minnesota Secretary of State website (www.sos.state.mn.us) for information on polling locations, candidates, absentee voting, voter registration, and more.

Department of Labor Updates

By Paul Janowiec, director of training and development at the department of labor

Introduction to Microsoft Word and Excel computer training

This month the department of labor is offering two free one-day training seminars on Microsoft Office programs. The trainings are designed to help participants learn the basics of word processing and spreadsheet-based computer programs.

The Microsoft Word training seminar will be held Wednesday, August 8, and the Microsoft Excel training seminar will be held Wednesday, August 15. Both trainings will be held from 10 a.m.-3 p.m. in the lower level media room of the Mille Lacs Band Government Center, and will include lunch.

Class sizes are limited to 15, so register in advance by contacting Paul Janowiec at 320-532-4706 or paul.janowiec@millelacsband.com.

GED testing in August

Band members who have yet to pass all five subject areas in the current GED test format are encouraged to register for the next round of testing offered in August.

The department of labor is facilitating the GED exam at the Mille Lacs Tribal College on Friday, August 10, and Friday, August 17, from 10:30 a.m.-4 p.m.

The entire five-subject test costs \$60 and each individual subject test is \$12. Students must bring a photo ID with their current address and their Social Security card on exam day. Students ages 16-18 will also need to bring a completed and signed Minnesota age waiver form. For more information, or to register, contact Melissa Lupinek, chief examiner, at 320-223-3826 or 763-689-6230.

Check and Connect Program

Central Lakes College's Check and Connect Program is hosting a three-day orientation for students with learning disabilities on August 15, 16 and 17. The orientation program will prepare students for the

transition to college-level coursework.

All meals and fees for planned events will be covered by the program. The first 20 students to sign up will be accepted into the program.

For more information or to sign up, contact Ann Chouinard at 218-855-8117 or achouinard@clcmn.edu or Aaron Mertes at 218-855-8218 or amertes@clcmn.edu. You can also visit [www.checkandconnect.org](http://checkandconnect.org).

Child Development Associate (CDA) credential program

The new early education building in District I is scheduled to be complete this fall, which means several CDA positions will be available. All teaching staff and assistants are required to have CDA certification.

The Mille Lacs Band department of labor is offering an individualized CDA training program in all districts, which includes self-study workbooks, support groups, and paid internship possibilities.

To register for CDA training, call 800-922-4457 or 320-532-7407. Potential trainees will be prescreened according to CDA program guidelines.

Mille Lacs Tribal College orientation

The Mille Lacs Tribal College is hosting an orientation on Thursday, August 16, from 1-3 p.m. New and current students are invited to attend and learn about financial aid, scholarships, and degree programs, and receive assistance with applications. For more information, call 320-495-3702, ext. 25.

Boiler operator licensure training course

The department of labor is offering a three-day, 12-hour boiler operator training course to prepare participants to pass the new state testing requirements that go into effect August 1. The course will be held on the following Wednesdays from 8 a.m.-noon in the lower level media room in the Mille Lacs Band Government Center.

- August 29
- September 5
- September 12

The preparatory course costs \$150, which includes all training materials. Also, a \$50 application fee is required to take the state certification test. TANF, 477, TERO, and Mille Lacs Band scholarships and employee line-item funds may apply to these fees.

Class size is limited to 15. Contact Paul Janowiec at 320-532-4706 or paul.janowiec@millelacsband.com for more information or to register.

Department of labor classroom hours

The department of labor is offering extended classroom hours in each district for Band members who would like assistance with resumes, cover letters, online job searches, computer skills, TABE testing, and GED exam preparation. Following are the weekly classroom hours in each district:

District I department of labor classroom

- Mondays, Thursdays and Fridays from 9 a.m.-5 p.m.
- Tuesdays from 1-5 p.m.
- Wednesdays from 9 a.m.-8 p.m.

District II East Lake modular

- Mondays and Thursdays from 9 a.m.-4 p.m.

District III Aazhoomog Lake Lena Community Center

- Tuesdays from 1:30-4:30 p.m.

District III Aazhoomog Lake Lena Community Center

- Wednesdays and Thursdays from 10 a.m.-3 p.m.

Free phone program update

All Band members participating in the free phone program can purchase extended minutes by visiting any business offering money grams, such as Walmart, Walgreens or Cub Foods. Participants experiencing difficulty with their free phone can contact the 24-hour, seven-day customer service line at 888-543-3620 to receive assistance.

Area Education Leaders Work To Close the Achievement Gap

Mille Lacs Band Commissioner of Education Dennis Olson participated in an education summit with Minnesota Commissioner of Education Brenda Cassellius, state elected officials, regional education leaders, and others in July to discuss how to close the achievement gap in central Minnesota schools. The summit focused on the Brainerd, Mille Lacs, and Long Prairie areas.

According to the Minnesota Department of Education, American Indian children scored 56.5% in statewide reading accountability test proficiency in 2011, while white children scored 80.9%. While the hard data from the testing has not been released to the public yet, Dennis said that Mille Lacs area students scored below the state average for American Indian children in both math and reading.

"This is one of the first times that we have data about the achievement gap and are beginning to talk about it in a healthy way," said Dennis. "The achievement gap needs to be recognized and addressed as a community issue. It's going to take all hands on deck to solve this problem, from parents to elected officials to each Band department to the non-Indian community."

The education summit gave the Mille Lacs Band the opportunity to provide input from the beginning of the process.

"It was powerful to be in the same room with so many key stakeholders who are striving for the same goal to close the achievement gap," said Dennis.

The Mille Lacs Band Education Department will work with schools and districts in the Mille Lacs area to develop and implement strategies to fight the achievement gap.

"Closing the achievement gap is a daunting task, but it could not be more critical to the health and future of our community," said Dennis. "This is a conversation that needs to happen now on a community-wide level."

Central Lakes College is coordinating a smaller planning group called the Regional Race Equity and Excellence Leadership Team, which will meet in mid-August to discuss how to build on the progress that the group has already made. Dennis will be a part of the discussion.

"We are on the right path as long as we continue to work together as a community to tackle this critical problem," said Dennis.

Public Health Department Updates

National Breastfeeding Month

By Kari DiGiovanni, WIC coordinator

August is National Breastfeeding Month, a time to raise awareness and support for breastfeeding mothers. "Loving Support Makes Breastfeeding Work" is the slogan for the WIC campaign, which promotes breastfeeding, increases referrals for breastfeeding support, increases public acceptance of breastfeeding, and provides technical assistance to state and local WIC agency professionals to promote the efforts.

To discuss the benefits of breastfeeding, receive tips for sharing the importance of breastfeeding, or to receive additional breastfeeding information or help, contact Kari DiGiovanni at 320-532-7457 or Joanne Weyaus at 320-532-7821.

Adult tobacco survey

By Roberta Ladd, health educator, and Kristy LeBlanc, Secondhand Smoke Project outreach coordinator

The American Indian tobacco survey was administered randomly to 64 Mille Lacs Band members from each district. More than 90% of respondents had smoked a commercial cigarette, and more than half of the group included current and former smokers.

Nearly half of the respondents reported smoking every day and that they wanted to quit smoking. Also, more than 70% of the group had been in a car with someone who was smoking in the past seven days, and less than 10% lived in a non-smoking household.

The results show that second-hand smoke is prevalent on the reservation. Exposure to commercial tobacco can increase cholesterol, blood pressure, and the risk of life-threatening diseases, including diabetes and cancer.

A recent study printed in the *Los Angeles Times* concluded that about one in two smokers will be killed by smoking, regardless of a person's age bracket and length of time smoking. The survey respondents who expressed an interest in quitting commercial tobacco use are encouraged to seek help from the Band's smoking cessation program.

For more information about smoking cessation, contact Roberta Ladd, at 320-532-7812. You can also visit the Mille Lacs

Band website and watch the Gego Zaagaswaaken video under the Health and Human Services page.

Maintaining a healthy, active lifestyle

By Linda Moses, home health aide

Maintaining a healthy, active lifestyle improves overall health and fitness and builds confidence. Exercise can also lower a person's risk for heart disease, diabetes, and certain types of cancer – including breast and colon cancers.

One of the easiest and most enjoyable ways to maintain this lifestyle is to engage in physical activity that feels like play. Any activity that increases a person's heart rate counts, such as biking or gardening. For the best results, engage in 150 minutes of moderate or 75 minutes of vigorous activity each week.

Bii-Zin-Da-De-Dah coalition

By Kim Willis, prevention/performance improvement manager

Bii-Zin-Da-De-Dah, which means listening to one another in Ojibwe, is a community driven coalition that addresses the issues facing the reservation community, such as domestic violence, alcohol and drug abuse, and gang and domestic violence. Mille Lacs Band Elders, adults and youth are encouraged to join the coalition to help create a safe and healthy living environment. For more information about the Bii-Zin-Da-De-Dah coalition, contact the Band's behavioral health department at 320-532-7773.

Heroin addiction

By Lisa Blahosky, public health director

Heroin, also referred to as black tar, smack, thunder, hell dust, and chiva, is a highly addictive drug that can be injected, smoked, sniffed or snorted. Heroin is typically sold as a white or brownish powder, or as the black sticky substance known on the streets as "black tar heroin."

Heroin is psychologically and physically addictive. Heroin abusers report feeling a surge of euphoria, followed by a twilight state of sleep and wakefulness. Heroin can severely impact a person's functionality and overall well-being. Physical symptoms of heroin use include drowsiness, constricted pupils, nausea, dry

mouth, and heavy extremities.

Because heroin abusers tend to underestimate the overall strength of the drug and its true contents, they are at a high risk of overdose. The effects of overdose are slow and shallow breathing, blue lips and fingernails, clammy skin, convulsions, coma, and possible death.

If you or anyone you know needs assistance to quit using heroin or other harmful drugs, contact the Band's Health and Human Services Department at 320-532-7776.

Teen pregnancy

By Kim Willis, prevention/performance improvement manager

Each year more than 400,000 teenagers give birth in the United States, according to the Center for Disease Control and Prevention. The majority of those pregnancies are unplanned.

Teenage pregnancy poses a considerable risk for the mother and the baby. Teenagers are at a higher risk of developing several medical conditions during pregnancy than adult women. Because of poor diet, teenagers have an increased likelihood of suffering from high blood pressure, anemia, placental abruption, maternal renal failure, and depression during pregnancy. Also, women in this age group often fail to gain sufficient weight.

Expecting teenagers often don't receive the prenatal care needed to ensure a healthy pregnancy. Failure to take prenatal vitamins and maintain a healthy diet can severely impact the unborn child. Substance abuse is also more common among teen mothers than older women. Some of these factors contribute to premature birth, neurodevelopment disorders, and other birth defects.

Even after the baby is born, complications can continue. Children born to teenage mothers have a higher risk of developing chronic medical conditions and often need hospitalization.

Physical concerns aside, teenage mothers are often ill prepared mentally, emotionally and financially for motherhood.

For more information, please contact Kim Willis at 320-532-7760 or Kari DiGiovanni at 320-532-7457.

Tribal Child Support Updates

By Amy Doyle, director of tribal child support

Office closed August 16

The child support office will be closed on Thursday, August 16, from 11 a.m.-5 p.m. for staff training. We apologize for any inconvenience this may cause.

Child support check pick-up times

Per capita child support checks are available for collection on the second Thursday and Friday each month. Checks can be collected from the child support enforcement office on Thursday from noon-5 p.m. and Friday from 8 a.m.-2 p.m. Uncollected checks will be mailed on Friday after 2 p.m.

Wage child support checks are available for collection on Fridays from 8 a.m.-2 p.m. Uncollected checks will be mailed on Friday after 2 p.m.

Unfortunately, checks cannot be released early due to our internal process, and in some cases, the timing of the State of Minnesota's electronic funds transfer for pass-through on TANF cases.

A photo ID is required for check collection. Finally, please note that case managers do not contact clients to notify them if a check is ready for pick-up.

For more information regarding this process, to see if you have a check available for collection, or to make other collection arrangements, contact the tribal child support enforcement office at 320-532-7755.

Heating, Water, and Home-Related Maintenance Problems

Normal business hours:
Tenants in Band rentals and private Elders living within the service area should call 800-709-6445, ext. 7799 for work orders.

After business hours:
Tenants with maintenance emergencies should call 866-822-8538 and press 1, 2 or 3 for their respective district.

Wisdom Steps Golf Outing

Wisdom Steps is hosting its ninth annual golf outing on Friday, September 7 at Black Bear Golf Club in Carlton, MN. Registration starts at 9 a.m., shotgun starts at 10 a.m., lunch at 12 p.m. on the golf course, and awards ceremony and social hour at 2 p.m. The four person scramble costs \$400 and includes golf, lunch, two carts and contests.

Your participation in this event will support the improvement of Elders' health and will benefit future Elders. For more information about this event or to sign up, please contact Shauna FourStar at 218-335-8585 or 888-231-7886. You can also email Shauna at sjenkins@mnchippewatribe.org.

Band Member Named Little Miss Hinckley



Photo courtesy of Hinckley News

Halle Davis
Band member Halle Davis was named Little Miss Hinckley at the Corn & Clover Carnival in July. Halle is six years old and will be in the first grade at Hinckley/Finlayson in the fall. She is the daughter of Weylin Davis and Tiffany Davis; her grandparents are Harry Davis and Laureen Davis and Carrie Roberts and Terry Roberts. Halle enjoys dancing, singing, fishing, learning her culture, playing with her brothers, and arts and crafts. She competed against 11 other little girls and will now represent Little Miss Hinckley in the local area parades. Congratulations, Halle!

By Circle of Health staff

Claims processing tips

The following tips will help ensure your medical and dental claims processing goes smoothly.

Show your primary insurance and Circle of Health cards at every medical and dental appointment. Do not assume the provider has your information. Information can get lost.

Be prepared to take action if you receive a bill by calling the phone number on the statement to make sure Circle of Health was billed. Sometimes the primary insurance company is billed instead of Circle of Health. Do not ignore a bill, because it may end up in collections, which means we can no longer pay the provider and the individual's credit score will be negatively impacted.

Circle of Health recommends that each Band member create a file and save the EOB

(explanation of benefits) he or she receives from his or her primary insurance provider. Circle of Health is unable to pay any statements that don't include an EOB form, and therefore we may need to request that information from the individual to complete the payment.

EOB form

Billing statements often only provide the expenses the patient is responsible for, and do not include the individual's coverage. Circle of Health needs an EOB because it explains which medical and dental treatments and procedures are covered and which ones aren't. It also explains the deductible and copay for each service. Circle of Health has to know that information to make a payment, especially since we do not make payments for any uncovered services.

An EOB can be obtained by calling the customer service number on the back of your

primary insurance card. The representative will need to know the date of the service and the provider. Elders are welcome to use the Circle of Health office to assist with this process.

It is very important to pay attention to your outstanding medical bills, as the provider will turn them over to collections. Most of these situations can be avoided if the provider has the correct billing information.

Circle of Health survey

The submission deadline for Circle of Health surveys has passed. Mii gwech (thank you) to all the Band members who submitted their Circle of Health surveys. We appreciate the comments, suggestions and feedback. The winner of the \$200 Walmart gift card and a summary of results will be announced in a future update, however all individual responses will remain confidential.

Tribal Noteboard

Happy August birthday:

Rachel Sam, 30 on August 2, from Mom, Lupe, June, Taya, Noah, Kelly, Jay, Kellen, Jen, Deek, Wesley, Onee, and Kim • **Taya**, 12 on August 20, from Grandma Tracy, Grandma Lupe, Mom, Dad, Noah, Kelly, Jay, Kellen, Jen, Deek, Wesley, Onee, and Kim • **Carla**, on August 27, from Kelly, Jay, Kellen and Kim • **Sam Burr**, on August 27, from the whole family • **Bella**, on August 31, from Kim • **Kira Moose**, 9 on August 5, with love from Mommy, Zach, Jerry, Grandma Deb, Leonard, Uncle Jeremy and family, Auntie Sherry and family, Mickey, Phil, PJ, Nadine, Blake, Charlotte, Cory Jr., Whitney, and Cameron • **Dayaunna Nadeau**, 9 on August 3, with love from Grandma Judy, Papa Juice, and the kids • **Tarz**, on August 9, from Judy, Rod, Val, Sam, Sarah, grandkids, and great grandkids • **Pinero**, on August 5, from Rachel and Waylon • **Dreezy**, on August 12, from Mom, Dad, Rachel and Waylon • **Lilz**, on August 30, from Rachel and Waylon • **Alicianna and Jayson Sam**, 1 on August 21, from Rachel, Waylon and Boo • **Andrel Sam**, on August 12, from Mom, Dad, Sissy, Boo, RaySean, Rachel and Waylon • **Tony Beaulieu**, on August 6, from Rachel, Waylon and Boo • **Catalac Grills Sam**, on August 6, from Rachel, Waylon and Boo • **Babs Sam**, on August 25, from Rachel, Waylon and Boo • **Mickey Sam**, on August 20, from Rachel, Waylon, Boo, Phil, Nadine, Charlotte, Phil Jr., Whitney, Cory Jr., and Blake • **Theresa**, on August 10, from Rachel, Waylon and Boo • **Bradley Harrington**, on August 15, from Rachel, Waylon, Boo, Bruce, Jay, Brad, Valerie, Randi, Kristy, Kate, Mariah, Biggy Man, Lil, Jayla, Taylor, Adam, Eric, Payton, Brae, and Binny • **Jay Harrington**, on August 16, from Rachel, Waylon and Boo • **Lilieah Harrington**, on August 3, from Rachel, Waylon and Boo • **Leiaunna Bugg**, on August 11, from Rachel, Waylon and Boo • **Sharon Pendegayosh**, on August 6, from Rachel, Waylon and Boo • **Shante Beaulieu**, on August 23, from Daddy, TJ, Rachel, Waylon, Boo, Arielle, Jenai, Jayla, Nick, Craig, CJ, Jordan, Max Dean, and Aidan • **PJ Harrington**, on August 5, from Rae, Waylon and Boo • **Brenda Best**, on August 9, with

love from Rome, Lucas, Mom, Dad, Jerome, Brent, Taryn, Chell, Casey, Cordell, Baby Cam, Cam, Tim, Veronica, Jeremy, Ed, Fran, Paris, Robert Jr., Roberta, Nancy, Larry, and the rest of the family • **Tim St. Clair**, on August 5, with love from Mary, Brenda, Rome, Jerome, Brent, Taryn, Chell, Camryn, Cordell, Casey, Veronica, Jeremy, Matt Hunt, Nancy, Larry, Ed, and the rest of the family • **Patrick**, on August 7, from Lenore, Tyson, Faith, Eva, Jeff and Jon • **Susan**, on August 9, from Dad, Colleen, Maggie Sue, Phoenix, Lenore, Tyson, Faith, Eva, Jeff, Jon, and Grandpa • **Dad**, on August 11, from Evelyn, Tyson, Eva, Jeff and Jon • **Grandpa**, on August 11, from Evan, Jazsmyn, and Faith Harmonie • **Ali**, on August 5, from Lenore, Tyson, Faith, Eva, Jeff and Jon • **DeAngelo**, on August 16, from Lenore, Tyson, Faith, Eva, Jeff and Jon • **Tierra**, on August 28, from Lenore, Tyson, Faith, Eva, Jeff and Jon • **Karla Nickaboine**, on August 30, from Lenore, Tyson, Faith, Eva, Jeff and Jon • **Marissa**, 16 on August 17, from Mom, Ang, Little Lon, Grandma, Papa and uncles • **Lacey Ballinger**, on August 2, with love from Auntie Nancy Lee • **Krista Roache-Klug**, on August 10, with love from Auntie Nancy Lee • **Taeren Ballinger**, on August 4, with love from Auntie Nancy Lee • **Cuddle Bugg**, 7 on August 12, from Mom, Dad, Brevin, RaySean, Sissy, Grandma Ruth, CJ, Bryan and Brent • **Antonio Sam**, 3 on August 21, from Ruth, Bryan, Brent, RaeAnne, Andrel, Kaitlin, Brevin, and RaySean • **Jackson Smith**, 3 on August 4, with love from Mom and Dad • **Michael**, on August 31, with love from Stacey, Braelyn, Brynley, Isabel, and Luis • **Tammy Williams**, from Theresa, Jesse, and Shaw-Knee • **Reuben**, 13 on August 20, with love from Mom, George, Cedric, Cedar, Caiarah, and Cyliss • **Cedric and Cedar**, 10, on August 23 with love from Mom, Dad, Reuben, Cedric, Cedar, and Cyliss • **Caiarah**, on August 22, with love from Mom, Dad, Reuben, Cedric, Cedar, and Cyliss • **Kayona Diane**, 1 on August 20, with love from Vannie, George, Reuben, Cedric, Cedar, Caiarah, and Cyliss • **Alissa Skinintheday**, 20 on August 30, with love from Rayna, Taw, Grandma and Auntie • **Phillip Harrington Jr.**

on August 5, from Mom, Dad, Nadine, Blake, Charlotte, Cory Jr., Whitney, Cameron, and Grandma Deb • **Gabbi Jellum**, on August 20, from Mom, Bob, Shawn, Mickey, Phil, PJ, Nadine, Blake, Charlotte, Cory Jr., Whitney, and Cameron • **Sharon Pendegayosh**, on August 6, from Mickey, Phil, Nadine, Blake, Charlotte, Cory Jr., Whitney, and Cameron • **Jaden Ballinger**, on August 4, from Mickey, Phil, Nadine, Charlotte, Cory Jr., Blake, Cameron, Whitney, PJ, and Papa Doug • **Melissa Nadeau Cash**, with love from Nancy, Dakota, Albert, Kyla, and Kyel Gahbow • **Shelley and Sheila Day**, from Nancy Gahbow • **Janet Swierczek**, from Nancy, Dakota, Albert, Kyla, and Kyel Gahbow • **Shayla Livingston**, on August 23, from Braydon, Waylon, Mom, Dad, BJ, and Landon • **Alberta Loso**, on August 5, from Dawn • **Derek**, on August 8, from Dawn • **David S.**, on August 11, from Marlys, Anthony, Richard, Rachel, Kelia, RaiLei, Jeremy, Candace, Cyrell, Michael, Janice, Judy, Beatrice, Raymond, Juice, David, Matthew, Ruth Ann, Janis, William, Aaron, and great nieces and nephews • **Janis J.**, on August 15, from Mom, Dad, Elijah, Judy, Beatrice, Raymond, Juice, David, Matthew, Ruth Ann, William, Aaron, Michael, nieces, nephews, big sis, Richard, Rachel, Kelia, RaiLei, Jeremy, Candace, and Cyrell • **Robbie Dale**, on August 22, from your sister.

George Jackson
Patricia Jones
Doris Kegg
Lorraine Keller
Andy Mitchell
Lynda Mitchell
Gerry Mortenson
Delia Nayquonabe
Victor Nayquonabe
Margaret Premo
Linda Quaderer
Bruce Ray
Theresa Schaaf
William Schaaf
David Shaugobay
Frank Shingobe Jr.
Bernadette Smith
Daniel Smith
Janice Taylor
James Thomas
Richard Thomas Jr.
Sylvester Thomas Jr.
Barbara Toth
Michael Wade
Alrick Wadena
Diane Wadena
Juanita Weyaus
Donna Wind
Franklin Woyak

Congratulations

Congratulations to **Jared Gahbow** for receiving his GED.

Obituaries

Franklin Benjamin Jr.
Born – 2-17-1953
Died – 6-14-2012
Lived in Minneapolis

Wesley James Misquadace
Born – 5-31-1977
Died – 6-19-2012
Lived in McGregor

Rebecca Agua
Born – 5-1-1955
Died – 6-22-2012
Lived in Oakland, CA

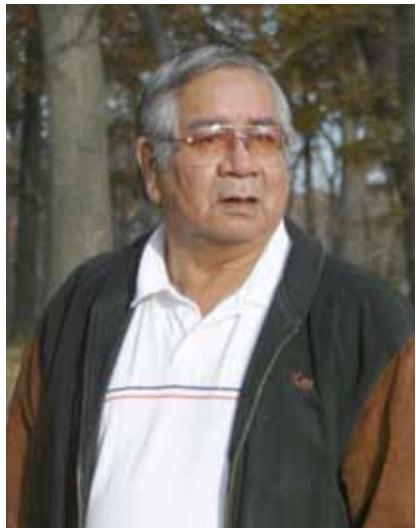
Pamela Elaine Pewaush
Born – 2-22-1960
Died – 6-27-2012
Lived in Onamia

Maria Clara Kegg
Born – 3-21-1965
Died – 7-9-2012
Lived in Onamia

Tyrese Malik Anderson
Born – 7-15-2010
Died – 7-6-2012
Lived in Minneapolis

Ojibwe Culture and Traditions

Traditional Roles in Ojibwe Society



Kenny Weyaus Sr. (August 5, 1941-September 20, 2011)

Men, women and children all had their roles in traditional Ojibwe society. The men's main role was as the providers for the family. Men hunted, got the food, and brought the food home.

Stories I have heard tell of some men stalking a deer for days trying to get close enough to kill it. Today, you can shoot a bow and arrow from 100 or 200 yards away. But back then, hunters had to get very close to an animal. They just had spears, and you could only throw that spear about 5 to 10 feet. Or else you could sneak up to the animals, get very close, and stab them.

Men learned different ways to hunt from their fathers and grandfathers. They also learned to use a sweat lodge to purify themselves. That way, they wouldn't have a human smell on them, and they could sneak up on the animal.

Men were also the protectors of the camp. They stood guard and noticed if someone was entering their territory, trying to raid their camp. There are a few stories about being raided. One story talks about when the Ojibwe attended a treaty gathering in Prairie du Chien. When they were at the treaty talks, they were friendly with the Sioux. But when they were coming home, they got attacked. That was one time they weren't in a defensive mode, but most of the time they were in that defensive mode, guarding the village.

When the men hunted and brought home the animals, then it would be the women's job to cure the meat, tan the hide, and use whatever bones they needed. The whole animal was used, and they used the bones in all kinds of ways. For example, the shoulder of the deer was used as a hoe for their cornfields or their squash. I think the bones of the deer were also used to make games, like the hoof game.

The men would cut wood that the women needed to do their work. Today, when we get ready for winter, we stockpile a lot of wood. Back then, they didn't do that, because they knew that sometimes they wouldn't stay in one place – their winter camps wouldn't be a permanent settlement. If a war party sighted something, they would come to camp and say it's time to move. It would be a waste to leave wood stockpiled. So they would cut wood every day for the fire for that night.

The Ojibwe were always good conservationists like this. Because if you cut a lot of wood and stockpile it for the winter and then you happen to leave, you cut that wood for nothing. They just cut what they needed, and they didn't waste anything.

Children's traditional role in society was to listen to what they were taught so they would remember it once they grew up, because there were no books back then on how things were done. The boys were taught how to gut and field dress a deer, and the girls were shown how to preserve the meat, tan the hide, and make clothing from the hide. They were taught in a hands-on way so they didn't forget.

Children were also taught to respect everything – the animals, the plants, their Elders, everybody. How you raise your child is how he is going to grow up. If you taught him well, taught him to respect everything, he remembers that.

Upcoming Mille Lacs Indian Museum Events

Kids craft workshop

Kids can enjoy light snacks and learn how to make a God's eye to take home. This project is recommended for children eight years or older.

The workshop costs \$4 per kit and will be held on Saturday, August 4, from 11 a.m.-3 p.m.

52nd birthday celebration

Come help celebrate the Mille Lacs Indian Museum and Trading Post's 52nd birthday. Cupcakes and refreshments will be provided.

This event will be held on Tuesday, August 7, from 11 a.m.-4 p.m.

Artist in Residence Program

The Mille Lacs Indian Museum and Trading Post has invited Band member Loretta Kalk to participate in an Artist in Residence Program in August. Loretta will create basswood dolls and traditional dreamcatchers.

This free event will be held on Friday, August 10, and Saturday,

August 11, from 11 a.m.-4 p.m.

Open house

Explore the Mille Lacs Indian Museum and Trading Post during their annual open house on Sunday, August 19, from 11 a.m.-4 p.m.

The historic site will be open for special Sunday hours and will offer free admission.

Loom beading workshop

Participants will learn the art of loom beading, create a design, put it on a loom, and learn how to apply the loom work to leather or cloth once it is finished. This two-day class will be held from noon-4 p.m. on Saturday, August 25, and from 10 a.m.-2 p.m. on Sunday, August 26.

The workshop costs \$60 for the general public or \$55 for Minnesota Historical Society members and Mille Lacs Band members, plus a \$15 supply fee.

Participants are encouraged to register by August 22.

Please call 320-532-3632 for more information.

Band Members Wanted for Historical Documentary

By Natalie Weyaus, Tribal historic preservation office director

The Mille Lacs Band's tribal historic preservation office is seeking Mille Lacs Band members who practice traditional gathering or make traditional cultural items for a one-hour historical

documentary about traditional Ojibwe cultural customs that are still being practiced today.

If you are interested in sharing your skills for the documentary production or if you would like more information, contact Natalie Weyaus at 320-532-7450.

Mille Lacs Band Takes Part in Public Service Announcement



Photo courtesy of Sarah Barten

(left-right) Joseph Nayquonabe, Jr., Dennis Olson, Gabriella Eubanks, and Don Eubanks recorded a public service announcement for the nonprofit organization SAVE (Suicide Awareness Voice of Education) in May. You can listen to the PSA on the SAVE website at www.save.org.

Calendar of Events

August 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*To Purchase Tickets Visit a Grand Casino box office, call TicketMaster at 800-745-3000, or visit www.ticketmaster.com	<i>If you would like an event included in the community calendar, please contact Kelly Sam at 651-292-8062 or write to Kelly at kelly@goffpublic.com</i>		1 Band Legal Aid Summer Outreach Chiminising Community Center 10 a.m.-2 p.m.	2	3	4 Kids Crafts Mille Lacs Indian Museum 11 a.m.-3 p.m.
5	6 Band Legal Aid Summer Outreach East Lake Community Center 10 a.m.-2 p.m.	7 52nd Birthday Celebration Mille Lacs Indian Museum 11 a.m.-4 p.m.	8 District I Community Meeting District I Community Center 5:30 p.m. Contact: Billie Jo Sarcia 320-532-7423	9	10	11 Miranda Lambert* Grand Casino Hinckley 8 p.m. Artist in Residence Mille Lacs Indian Museum 11 a.m.-4 p.m.
12	13 AMVETS Meeting Grand Casino Mille Lacs 6 p.m. Contact: Allen Weyaus 320-630-2988 Band Legal Aid Summer Outreach Lake Lena Community Center 10 a.m.-2 p.m.	14 Minnesota and Wisconsin Primary Election Day (See page 5 for more information)	15 District III Community Meeting Lake Lena Community Center 5:30 p.m. Contact: Christine Costello 320-384-6240	16	17 Mille Lacs Band Traditional Powwow Grand Entry 7 p.m.	18 Mille Lacs Band Traditional Powwow Grand Entries 1 p.m. & 7 p.m.
19	20 Mille Lacs Band Traditional Powwow Grand Entry 1 p.m. Open House Mille Lacs Indian Museum 11 a.m.-4 p.m.	21 District II Leadership Academy School Board Meeting 4 p.m. Contact: Raina Killspotted 218-768-2345	22	23 All American Rejects* Grand Casino Hinckley 7 p.m.	24	25 Darius Rucker* Grand Casino Mille Lacs 8 p.m. Loom Beading Workshop Mille Lacs Indian Museum Noon-4 p.m.
26	27	28	29 District IIA Community Meeting Chiminising Community Center 5:30 p.m. Contact: Lesley Sam 320-676-1102	30 Urban Area Community Meeting All Nations Indian Church 5:30 p.m. Contact: Barb Benjamin-Robertson 612-872-1424	31 All government offices close at noon	Sept. 1
2	3 All government offices closed for Labor Day	4 Nay Ah Shing School starts	5	6	7 Chris Young* Grand Casino Mille Lacs 8 p.m.	8

What Is Your Favorite Olympic Sport to Watch?

Kelly Kegg Sr.



"I enjoy watching gymnastics, downhill skiing, and ice skating."

Kelly Kegg Jr.



"Snowboarding is my favorite."

Jenny Kegg



"I like gymnastics."

Caryn Day



"I like watching downhill skiing."

Photos by Kelly Sam

Summer Youth Employment Program Expands to Year-Round Program

By Department of labor youth program staff

The Mille Lacs Band department of labor's youth program is going strong with 130 participants. The youth are split up into age groups, 12-15-year-olds and 16-20-year-olds. Youth ages 12-20 can take part, and they can now start on a seasonal basis.

The older participants are placed at various work sites in the community that fit their interests. Participants have been placed at Grand Casinos, the Boys & Girls Clubs, the department of labor, the legal aide department, and the Band's small businesses.

Due to the age requirements for employment, the younger participants are awarded with cash incentives for participating in approved activities, which can range from learning cultural skills to participating in sports to doing community service activities.

Youth are compensated by the program based on the number of hours worked or the number of activities completed.

Program expansion and curriculum

Thanks to the Band government and its federal funding partners, this year the Mille Lacs Band department of labor's summer youth employment program expanded into a year-long program with seasonal entry dates.

The program also switched its name from "summer youth employment program" to "youth program," because it encompasses much more than just employment opportunities for participants. The program's curriculum focuses on developing the participant's organizational skills, responsibilities, confidence, and overall preparedness for higher education and the work force. It achieves this by providing employment opportunities, community activities, and incorporating group meetings and a workbook component to track progress and learning.

The program emphasizes learning the Ojibwe values of achievement and self-sufficiency and using these values to respect and provide for the well-being of themselves and their Elders.

"The program has really evolved to focus on balancing all aspects of life – physical, mental, emotional and spiritual," said Loretta Hansen, director of job placement and services. "Each week time is set aside for 'Expanding the Circle,' which is when the participants connect what they are learning through their experiences to traditional Anishinabe teachings of honesty, humility, truth, wisdom, love, respect and bravery. They do this by meeting with mentors, organizing a portfolio, and journaling about their experience."

"The program's goal is to show these youth how the lessons of their own ancestors provide a path to their own well-being," said Mike Kafka, executive director for the Mille Lacs Band department of labor. "Even in a world of globalization and technology, the lessons of the Anishinabe have great relevance and meaning."

Program eligibility and enrollment

Any Mille Lacs Band member, Band member first-descendant, or Native American youth between the ages of 12 and 20 living on or near the reservation service area (Aitkin, Benton, Crow Wing, Mille Lacs, Morrison, and Pine counties) is eligible to join. To be accepted into the program, participants have to take a career exploration and interest assessment, which helps tell the program staff what they like to do, what their strengths are, and what they want to learn.

The program is accepting applications later this month for the next enrollment, which begins September 1. For more information contact the department of labor at 320-532-4741 or 800-922-4741.

Meet the Staff of the Chief Executive's Office



From left to right in the back: Joycelyn Shingobe, Christine Kegg, Dena Staples, and Peter Nayquonabe. Front is Gloria St. John.

The new staff members in the Chief Executive's office are quickly settling into their roles. They include Peter Nayquonabe, deputy assistant; Joycelyn Shingobe, special projects coordinator; Gloria St. John, office manager; Christine Kegg, executive receptionist; and Dena Staples, summer youth worker.

Peter Nayquonabe

As deputy assistant, Peter manages the daily operations of the Chief Executive's office, maintains and coordinates the Chief Executive's calendar, travels with the Chief Executive as necessary, and acts as liaison between the Chief Executive and her commissioners.

He most recently was the finance manager in the Band's housing department. Before that he was the Assistant Commissioner of Administration and deputy assistant to the Chief Executive during Melanie's previous administration. Peter is working on his master's degree in tribal administration and governance at the University of Minnesota Duluth.

Joycelyn Shingobe

Joycelyn's duties as special projects coordinator are to:

- provide District III educational services via online schools with the goal of re-opening Pine Grove,

- help Band members utilize the Band government by directing them to the person or department that can meet their needs, and
- plan executive events.

Gloria St. John

As office manager, Gloria is responsible for day-to-day administrative operations. Gloria was the special projects and relations coordinator to Melanie during her previous terms as Chief Executive, and has served the Band in several other capacities since 1996. Gloria has a degree from Minneapolis Community College.

Christine Kegg

Christine, the executive receptionist, greets callers and visitors to the Chief Executive's office, as well as sets up executive meetings. Chris has worked for the Band off and on since 1989.

Dena Staples

Dena, a 10th-grade student at Nay Ah Shing, is interning for the summer in Melanie's office. After high school, she is interested in continuing her education to obtain a business degree and a career in real estate.

Welcome to everyone in the Chief Executive's office!

OJIBWE INAAJIMOWIN

September 2012

"The story as it's told."

Volume 14 • Number 9

WEWIN Celebrates American Indian Women Leaders



Congresswoman Betty McCollum (center) received a WEWIN blanket from the organization's founders, including Mille Lacs Band Chief Executive Melanie Benjamin (left).

Nearly 300 women celebrated the successes of American Indian women, discussed critical issues in the community, and attended personal and professional development seminars at the eighth-annual Women Empowering Women for Indian Nations (WEWIN) conference at Mystic Lake Casino & Hotel on August 20-23.

Approximately 180 people from the Mille Lacs community attended WEWIN, including Band members and employees. Many of these people received help from the higher education department's educational enrichment program to put toward registration costs. The Tribal Employment Rights Office (TERO) helped participants pay for hotel and meal costs.

"WEWIN is a great opportunity for us to learn from each other, draw upon our traditions and cultural values, and support one another as we try to create a better future for our children," said Mille Lacs Band Chief Executive Melanie Benjamin, who is a founding

board member of WEWIN and currently serves as the treasurer.

The WEWIN conference officially opened with Band members Lana Oswaldson, Carolyn Shaw, Lisa Jackson, and Diane Nickaboine presenting the colors.

Band member Sarah Oquist, led a workshop session about how women can be more effective leaders by coaching themselves to make decisions that are right for them.

Later in the conference, Band member Melissa Boyd, who teaches the early education department's Ojibwe immersion class, taught a class on language revitalization. Melissa has been instrumental in creating Ojibwe curriculum for the Band's Nay Ah Shing Schools using the picture-based Accelerated Second Language Acquisition (ASLA) method.

Congresswoman Betty McCollum was a keynote speaker during the WEWIN conference. "Women are great leaders," she said. "If we want change, we need to get out

there and take charge, instead of just sitting back and letting it happen."

McCollum is sponsoring the Stand Against Violence and Empower (SAVE) Native Women Act, legislation that would give tribal courts the tools to prosecute non-tribal members who commit violent crimes against Native American women on reservations. In the middle of her speech, she asked each participant to call their members of Congress to encourage them to vote for the bill.

Arlene Weous honored

Band member Arlene Weous, who has worked for the Mille Lacs Band for more than 35 years, was one of five women honored with a Lifetime Achievement Award at the WEWIN conference. Arlene is one of the founders of the Mille Lacs Community Healing Project, a grassroots initiative formed by community members following a series of tragedies,

including the untimely death of her son William Nickaboine.

"Leadership comes in all aspects of our lives. Arlene's dedication is tremendous and the people who are a part of the Community Healing Project are making our community better," said Melanie, as she introduced Arlene for the award. "You don't have to be an elected official to be a leader in your community. Arlene is a great example of that."

The Community Healing Project holds weekly gatherings to discuss how they, their families, and their neighbors can fight alcohol, drugs and violence on the reservation and make the Mille Lacs community safer.

"We have a sense of tradition, and we serve the community as best as we can," said Arlene, as she accepted the award. "We need to give our children and grandchildren a safe community, and that's what the Community Healing Project is trying to do."



Mille Lacs Band member Arlene Weous was honored with a Lifetime Achievement Award at the WEWIN conference. She founded the Mille Lacs Community Healing Project, a grassroots initiative which works to fight alcohol, drugs and violence on the reservation. Arlene is pictured with her family.



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Golf Tournament Raises Money for Scholarships



At the Bradley Roache, Sr. Memorial Golf Tournament on Sunday, July 29, the event raised more than \$6,500 for the scholarship fund, which will be awarded to individuals pursuing degrees in law enforcement and criminal justice.

This summer many Roache family get-togethers turned into committee meetings, as a group of family and friends worked together to start the Bradley Roache, Sr. Memorial Golf Tournament and the Bradley Roache, Sr. Memorial Scholarship Fund to honor the late Brad Roache, Sr.

Eighty-four golfers participated in the tournament on Sunday, July 29. The event raised more than \$6,500 for the scholarship fund, which will be awarded to individuals pursuing degrees in law enforcement and criminal justice.

Brad's daughters, Darla Roache and Krista Klug, appreciate the generous contributions and support they

received from the participants, Grand Casino Mille Lacs, the Mille Lacs Band of Ojibwe, the Corporate Commission, and the Minneapolis Police Federation.

Sarah Barten, a committee member, commended Darla and Krista on their ability to turn their grief into something positive.

"This scholarship fund will benefit so many people," Sarah said. "They are making a difference so that other people can have the same positive experience that their dad had with his education."

To learn more about the scholarships offered or sign up for future events, e-mail brmemorialgolf@hotmail.com.

Photo courtesy of Darla Roache

Boys & Girls Club Members of the Month

By Justin Beaulieu, Boys & Girls Club director

Congratulations to Maria Ramos-Smith, LeSandra Peacock, and Marlana Staples for being named the Districts I and III Mille Lacs Band Boys & Girls Club members of the month in August.

To be chosen for this award, participants must consistently have a positive attitude and willingness to learn and try new things. Additionally, they must show certain leadership characteristics and the attributes of a good role model.

Maria Ramos-Smith



Maria, a fifth-grader at Nay Ah Shing School, was chosen as the District I member of the month. She enjoys coming to Boys & Girls Club because she loves being a leader for the younger kids.

LeSandra Peacock

LeSandra, a first-grader at Hinckley Elementary, had perfect attendance at the District III Boys & Girls Club in August. She participates in



several clubs including the reading, nature, photo, and cooking clubs, and has excellent behavior.

Marlana Staples



Marlana, a seventh-grader at East Central High School, had the best attendance in her group and earned the most stars in the District III Boys & Girls Club's rewards program, which merits stars for participation and performance. She is always smiling, willing to try new things, and helps without being asked.

Boys & Girls Club Attends Vikings Fan Appreciation Day



Photo courtesy of Edward Sablan

The District IIa Boys & Girls Club attended the Vikings Fan Appreciation Day in Mankato last month. The club members are pictured with Vikings legend Chuck Foreman. At the event, the Band youth played in the Vikings kid zone and received autographs from current players, including Toby Gerhart, Jasper Brinkley, Christian Ballard, and Chris DeGear.

District I Boys & Girls Club Hours

As of August 21, the District I Boys & Girls Club hours for the 2012-2013 school year are:

- K-12th grade: Mondays from 1:30-6 p.m.
- K-4th grade: Tuesday-Friday from 3-5:15 p.m.
- 5th-12th grade: Tuesday-Friday from 5:30-8 p.m.

The Mille Lacs Band Boys & Girls Club is renewing applications for the 2012-2013. Participants are encouraged to return theirs as soon as possible. For more information, call 320-532-7518.

New Early Education Building Welcomes Students



Photo courtesy of Travis Lund

The new early education building in District I (pictured above) welcomed students for the first time on Tuesday, August 28. The Head Start and Early Head Start programs are scheduled to start after Labor Day.

The Mille Lacs Band's new District I Early Education Building welcomed smiling little faces for the first time on August 28. Programs are fully enrolled with 172 children – 63 more than what the Band's previous facilities could accommodate.

"I'm really excited to have more space for the kids," said Early Education Director Tammy Wickstrom. "Not only do we have more square footage; the facility is also designed specifically for young children – their size, their needs, and the programs we provide them."

Child care services began in the building on August 28, a family open house was held on August 29, and classes will start on September 4. A community open house is planned for September 28.

Classrooms

The building has 17 classrooms:

- 11 rooms for kids ages 6 weeks through 3 years
- 4 rooms for kids ages 3-5 years
- 1 Ojibwe immersion room for 3- to 5-year-olds
- 1 child care room for school-age children

3- to 5-year-olds

Math and literacy are core program components in the rooms for children ages 3-5. The Band received a "Numbers Work!" grant from the Saint Paul Foundation to help boost math skills at the early education level over the next year. This is in addition to an AmeriCorps literacy grant to help develop the five essential pre-reading skills of rhyming, letter naming, letter sounds, picture naming, and alliteration. These rooms also have an Ojibwe language curriculum.

School-age child care

Onamia Public School operates Tuesday-Friday, which creates a need for before- and after-school care for many local children. To meet those needs, the District I Early Education Building offers a room specifically for kindergarten and young elementary students. In addition, the room doubles as a play therapy room during school hours on Tuesday-Friday. Behavioral health staff members lead the activities for children who have play therapy needs.

Ojibwe immersion

Ojibwe immersion is a new opportunity for enrolled 3- to 5-year-olds in District I. Ojibwe is the only language spoken in this room, which is staffed by at least one Elder and two teachers at a time. The room is open for enrolled children from 8 a.m.-3 p.m., Monday-Thursday. Each Friday from noon-1 p.m., parents of the children in the program must attend language training of their own in the room.

"The parents want their young kids to learn Ojibwe," Tammy said. "This is a commitment for parents too, because kids learning the language also need exposure at home. That's why parents have to commit one hour a week to Ojibwe language training at the Early Education Building, in addition to three hours of volunteer time per month."

Other amenities

Some of the other offerings that parents can expect in the new Early Education Building include:

- Family-style meals served in each classroom
- A gym
- A nurse's office
- A cultural circle (similar to the one at Nay Ah Shing Lower School), which will hold monthly powwows and pipe ceremonies as well as other cultural activities
- Three playgrounds (one for each age group: below age 3, 3- to 5-year-olds, and school-age children)

Districts II and III

Wickstrom says that District II has 32 children enrolled in early education programs (just one short of capacity) and District III is fully enrolled with 25 children.

The programs and offerings vary by district; please check with your local program staff to learn what is available and the length of the waiting list.

Early education contacts

For more information or to be placed on the waiting list, contact Gaylene Spolarich at 320-532-4690, ext. 2210.

Community Open House

- District I Early Education Building
- Friday, September 28
- Noon to 5 p.m.
- Tours and refreshments provided

Looking for Employment?

By Sarah Barten, public relations specialist at Grand Casinos

There are opportunities for Mille Lacs Band members to seek employment at Grand Casino Mille Lacs, Grand Casino Hinckley, and the Corporate Commission's non-gaming operations.

The MLB Marathon Convenience Store, Subway, Grand Market, and Grand Makwa are hiring. Contact Nicole Hyatt at 320-532-8844 to apply today.

If you are interested in receiving weekly job postings via e-mail, please e-mail your contact information to bandmemberjobs@ccmlb.com.

New hires

The following Band members were recently hired in July and August:

- Christina Martin, Snack bar line cook at Grand Casino Hinckley
- Ivana Benjamin, table games dealer at Grand Casino Mille Lacs
- Isabelle Sam, table games dealer at Grand Casino Mille Lacs
- Vivian Sam, table games dealer at Grand Casino Mille Lacs
- Caryn Mitchell, hotel room attendant at Grand Casino Mille Lacs
- Lona Sam, table games dealer at Grand Casino Mille Lacs
- Natasha Sam, beverage server at Grand Casino Mille Lacs
- Matthew Mitchell, Sr., valet attendant at Grand Casino Mille Lacs
- Cassandra Garbow, Grand Rewards representative at

Grand Casino Mille Lacs

- Michelle Pehauash, slot service verifier at Grand Casino Mille Lacs
- Ashley Nickaboine, hotel room attendant at Grand Casino Mille Lacs
- James Kalk at Grand Makwa Cinema
- Charisse Elizabeth-Joy Cash at MLB Marathon
- Candice Skinaway at Lake Lena Marathon

Promotions

- Corrin Locke was promoted for the second time in two months from buffet cashier to buffet supervisor at Grand Casino Hinckley. This experience makes Corrin very versatile as a supervisor. Her experience is much appreciated and welcomed.

- Andrea Nayquonabe was promoted from bingo to accounts payable as a learning opportunity. She brings more than three years of casino experience and ten-key experience to the department. The finance team will be mentoring her into this new field.

For more information

For more information on open positions, please contact the following HR Representatives:

- Grand Casino Mille Lacs, Deb Matthews at 800-626-5825, ext. 8325
- Grand Casino Hinckley, Bonnie Matrious at 800-472-6321, ext. 4929
- Corporate Commission/ Non-Gaming Businesses, Nicole Hyatt at 320-532-8844

Who Does What in an Emergency?

The Mille Lacs Band has experienced two natural disasters in the last two years related to the weather, and a federal disaster declaration was issued in both cases. Although these were unforeseeable events, the Band has an established emergency operations plan that can be activated at any time for any crisis – ranging from last year's storm in Lake Lena to this summer's flooding in East Lake to other emergencies we haven't yet encountered.

When these unpredictable events happen, the emergency operations plan helps guide key Band officials – including the Tribal Emergency Response Committee (TERC) – through the many processes that happen all at once. This month we will tell you about the TERC's role. The responsibilities of other officials and departments during an emergency will be discussed in future editions of the *Ojibwe Inaajimowin*.

The TERC's role

The Band's TERC is made up of 24 members, including commissioners, department heads, public safety officers, a public information officer, and other emergency personnel. This group has met regularly since its formation in 2000, when the Band became one of the first two tribes in Minnesota to receive federal grants to create an emergency management program, which includes the creation of the TERC.

When an incident occurs on the reservation, a Band department or a local, county, regional, or federal official on the scene informs Emergency Management Coordinator Monte Fronk of the situation. Monte then informs Director of Public Safety Sid Lucas and seeks direction on which TERC members and others within the Band should be notified. Once notified, the commissioners are empowered to fully or partially activate the TERC (depending

on the size of the incident) and direct resources and staff to the right places.

At this point, the TERC manages the incident. Each affected commissioner assigns duties and resources within his/her department. Monte, as a TERC member, provides assistance as directed and helps identify Band resources to address the various needs that arise, from medical assistance to water to transportation. He also coordinates with local, county, regional and federal response agencies assisting with the incident.

The TERC remains activated for as long as necessary and assists as needed even after the crisis subsides. For instance, after the flooding receded in District II this summer, it worked (and continues to work) with FEMA because of the federal disaster declaration issued for the area.

Training

TERC members undergo regular training to ensure that they are ready to handle a wide variety of man-made or natural disaster situations. For instance, in addition to weather emergencies, the TERC was prepared in 2009 for a potential outbreak of the H1N1 novel flu virus. The TERC was in constant contact with the Minnesota Department of Health; State Homeland Security Emergency Management; Indian Health Service; Mille Lacs, Aitkin and Pine county health officials; and others to stay updated on the situation and prepared for next steps on the reservation.

The Band's emergency management department and the TERC will continue to work with other governments and agencies throughout the region to participate in full-scale exercises that simulate real-life crises. These trainings also help the Band and neighboring communities coordinate on planning, so that when an emergency happens, they are ready to collaborate.

Free Hearing Evaluations

To schedule an appointment for **Friday, September 14**, at Ne-Ia-Shing Clinic, call 320-532-4163. Walk-ins are welcome. We will do our best to serve you.

Hearmore Hearing has offices in Saint Paul and Osseo. To schedule an appointment Monday through Friday, call the Saint Paul office at 651-771-4019 or the Osseo office at 763-391-7433.

Carolyn Shaw, Katie Draper Join Government Affairs Team

Mille Lacs Band members Carolyn Shaw and Katie Draper have joined the Band's government affairs team. Both have many years of experience in tribal government positions and are excited about this new phase in their careers.

Carolyn Shaw



"I've been interested in government affairs for a long time," said Carolyn, who served the Band as Commissioner of Administration from March 2011 through August 2012. "Helping the Band build relationships with local governments and other partners is very important to the Band's progress and the region's growth."

Carolyn has become even more interested in this type of work since starting work on her master's degree in tribal administration and governance at the University of Minnesota Duluth. She will graduate next May.

In the Band's government affairs department, Carolyn is the area relations/special projects coordinator. She will primarily focus on nurturing the Band's relationships with local governments and agencies.

Carolyn began working for the Band government in 2001, first serving as an executive assistant to the Commissioner of Corporate Affairs and then as an associate director in the Band Member Development Department, providing Band members with resources to gain employment and develop their careers. She was appointed Assistant Commissioner of Administration in 2009, and less than two years later she advanced to Commissioner.

Carolyn has a bachelor's degree in management from the College of St. Scholastica, earned an associate's degree from Central Lakes College, and served four years in the U.S. Army.

Katie Draper



As the Band's local government affairs coordinator for the Pine County area, Katie will help build on and maintain Band relationships around District III.

"I look forward to helping educate local residents about the Band, its accomplishments, and how the Band's sovereignty can benefit the entire region," Katie said. "I also want to clear up misperceptions about the Band so that we can all move forward toward a better future."

Most recently Katie was the administrative assistant for District III Representative Diane Gibbs – a position she held since October 2010. Previously she worked as a financial services officer for the Affinity Plus Credit Union for seven years. She has also worked in the Band's Emergency Services Department and at Fairview Homecare and Hospice for three years.

Katie is working on a bachelor's degree in environmental science. She is also an outdoorswoman; her passions include farming, gardening, hunting and fishing.

Carolyn and Katie join Jamie Edwards, director of government relations, and Nadine Wade, administrative assistant, on the Band's government affairs team.

Mille Lacs Band Government 101

This is the second article of the new series in the *Inaajimowin* called "Mille Lacs Band Government 101."

The role of the Office of Management and Budget in the Legislative Branch

The Office of Management and Budget (OMB) is operated by the legislative branch of the Mille Lacs Band's government. As discussed last month in this column, the legislative branch is charged with the government's fiscal responsibilities and is statutorily referred to as the Band Assembly. According to Title 3 of the Mille Lacs Band Statutes, the Secretary-Treasurer is the leader of the Band Assembly. The Secretary-Treasurer exercises his/her financial duties under the title "Secretary of Treasury." When the Secretary-Treasurer exercises his/her legislative duties, he/she operates under the title "Speaker of the Assembly." See 3 MLBSA § 1.

In the Secretary-Treasurer's role as "Secretary of Treasury," he or she is statutorily authorized with certain powers and duties in administering the financial affairs of Band government. The duties include (1) managing all fiscal operations, planning, and budgeting of the Band; (2) nominating a Commissioner of Finance in conjunction with the Chief Executive; and (3) coordinating with the Commissioner of Finance for the Office of Management and Budget (OMB) to ensure that financial planning and operations are consistent. See 3 MLBSA § 7(a), (h) and (j).

As authorized in Title 22 of the Mille Lacs Band Statutes, the Commissioner of Finance is the chief administrative officer of the Office of Management and Budget pursuant to the directives of the Band Assembly. See 22 MLBSA § 104(a). He or she has general supervisory authority over the administration of Title 22

(Taxation) and the office of OMB.

Some of the ways that OMB serves the government are:

- After the biannual budget is approved by the Band Assembly for the Band government, OMB assists by ensuring that all budgetary approvals are in place before releasing any funds to any program or vendor;
- OMB administers all payroll for Band government employees including the Nay Ah Shing School, Ne-La-Shing Clinic, Circle of Health, the Gaming Regulatory Authority, Department of Athletic Regulation, as well as board members;
- Maintaining a tracking system for the Band's physical assets (e.g. vehicles, office furniture, computer equipment, copiers, or anything that is purchased with Band funds and has value); and
- Issuing requests for bids for the Band's liability insurance on all government buildings and equipment, as well as workman's compensation.

In addition, the OMB serves Band members by:

- Distributing per capita payments;
- Administering the Band's loan programs; and
- Administering the minor trust accounts.

As a point of comparison, OMB's services are restricted to financial administrative assistance to the Band government and to Band members, whereas the executive branch programs provide various services to Band members (e.g., education, housing, health and human services, and public safety).

Have a question?

If you have a question about the Band government, please send it to *Inaajimowin* Editor Kelly Sam at kelly@goffpublic.com for consideration in an upcoming edition of the paper.

Circle of Health Updates

By Circle of Health staff

Change in Brokers National dental and vision plans

Circle of Health has recently been notified that Brokers National has been purchased by Ameritas. Mille Lacs Band members' vision and dental coverage will remain the same, as will the provider network. There will not be a new waiting period for this change.

Beginning September 1, Brokers National insurance cards will no longer be accepted by your provider. Ameritas will send packets to Band members that include benefit information and insurance cards. To avoid any inconveniences, make sure your current address is up to date with Circle of Health. Any information packets returned to Ameritas will be forwarded to Circle of Health. Our office will resend the packets once your address is updated.

The Ameritas dental customer service number is 800-487-5553, and its vision customer service number is 800-877-7195.

Full-time student verification

With the school year beginning, it is time for first-line Band descendants who are over the age of 18 to submit verification of their full-time student status. To verify full-time student status, Circle of Health will need a class schedule or registration form that indicates the person's full-time status. Insurance claims cannot be processed without

this verification. Depending on the institution, Circle of Health needs this verification prior to the start of each semester or quarter. If you have questions, please call our office at 320-676-8214.

Mille Lacs Tribal Community enrollment

The next Mille Lacs Tribal Community open enrollment date is October 1, 2012. At this time, enrollment is limited to Band members living in Minnesota who have private insurance (not through an employer) or are on a COBRA plan. Circle of Health will contact these Band members who have previously received letters and are not yet enrolled.

If you are currently uninsured, please contact your claims processor listed below for assistance in obtaining insurance.

- A-L: Roberta Lemieux, 320-676-8214, ext. 256
- M-Z: Tammy Smith, 320-676-8214, ext. 255

Circle of Health survey

Thank you to everyone who participated in our recent survey. We received more than 400 responses. Highlights of the results will be published in the next issue of the *Inaajimowin*; however all individual results will remain confidential.

Congratulations to Phillip Brennan of Sauk Rapids who won the drawing for a \$200 Walmart gift card!

Tribal Child Support Payment Processing

By Amy Doyle, director of tribal child support

The pass-through process for child support payment distribution can be confusing and time-consuming, but the State of Minnesota requires it for all child support cases that receive state benefits.

Any time Mille Lacs Band child support clients receive a state-issued benefit such as food support, medical assistance, or child care (even if they are on tribal TANF), the State of Minnesota requires that all child support payments undergo a pass-through before being paid to clients.

A pass-through means that the Mille Lacs Band child support office must first send child support payments to the Minnesota child support payment center for processing. Once they are processed, the payments are sent back to the tribal support office electronically to be distributed to the client.

Tribal TANF clients who receive a cash-only benefit don't have to wait for their money to go through state processing. They are paid directly by tribal child support enforcement and don't receive any state support.

The Newspaper of the Mille Lacs Band

OJIBWE INAAJIMOWIN

"The story as it's told."

Kelly Sam, Editor

Phone 651-292-8062 Fax 651-292-8091

kelly@goffpublic.com

255 East Kellogg Blvd., Suite 102, Saint Paul, MN 55101

Please provide information by the 15th of the previous month.

Department of Natural Resources to Offer Firearms Safety Course

By Mike Taylor, chief conservation officer

The Mille Lacs Band Department of Natural Resources (DNR) is offering a three-day, 12-hour firearms safety course this month in District III and the urban area. The District III course will be held September 11-13, from 6-9 p.m. in the Grand Casino Hinckley Convention Center. The urban area course will be held September 17, 19, and 21 from 6-9 p.m. at the Minnesota Chippewa Tribe Building in Minneapolis.

The course, which costs \$7.50, is open to the public and participants must be 12 years old by December 31, 2012. Firearms used during the course will be provided by the DNR.

Students must attend all 12 hours to meet the course requirements. After the course is completed there will be a final exam and qualify shoot held on Saturday, September 15, from 10 a.m.-1 p.m. for the District III course and Saturday, September 22, from 9 a.m.-1 p.m. for the urban area course.

The firearm safety course is mandatory to obtain a hunting license for individuals born after December 31, 1979.

For more information or to register, contact the DNR at 320-532-7439, the Mille Lacs Band Urban Office at 612-872-1424, or Jared Rosati, conservation officer, at 320-532-7439.

Heating, Water, and Home-Related Maintenance Problems

Normal business hours: Tenants in Band rentals and private Elders living within the service area should call 800-709-6445, ext. 7433 for work orders.

After business hours: Tenants with maintenance emergencies should call 866-822-8538 and press 1, 2 or 3 for their respective district.

Band member studies in Europe



Photo courtesy of Shane Hamilton

Mille Lacs Band member Shane Hamilton, a senior majoring in political science at the University of Wisconsin River Falls (UWRF), studied in Europe this past spring semester.

As part of his school's "traveling classroom" program, Shane spent time learning with 37 other UWRF students in cities including London, Paris, Brussels, Berlin, Prague, Verona and Vienna.

Some of Shane's favorite highlights were swimming in Loch Ness in the Scottish Highlands, seeing Big Ben tower in London, going to the top of the Eiffel Tower in Paris on Valentine's Day, attending a techno concert in Amsterdam, touring the Berlin Wall in Germany, visiting historic churches in Prague, snowboarding in the Alps in Berchtesgaden, sampling German food in Munich, eating Italian food in Verona, and meeting interesting people in Vienna. Shane's favorite city was Berchtesgaden, because he was able to snowboard in the German Alps and experience the city's strong German culture. His favorite site was the Eiffel Tower in Paris.

Even though Shane was able to take in each city's sites, a lot of the touring was part his course work. Shane earned credits in European politics, international relations, contemporary European cultures and societies, and urban geography, which will all count toward his political science degree. His favorite course he took abroad was international relations, because he learned firsthand about other countries' laws, regulations and policies.

"Studying abroad impacted my political science studies in so many ways," said Shane. "It was more beneficial to be there and see firsthand how each country operated its government instead of reading about it in textbooks."

Names and Faces

Despite all of the fun he had, Shane said he experienced periods of being homesick and missed sleeping in his own bed. He was fortunate to use Skype to communicate with his family.

Prior to leaving for Europe, Shane was worried about trying foreign foods because he is a picky eater. Even though he indulged in the comfort of McDonalds and Subway restaurants while abroad, he tried many different German dishes, and especially liked the sausages and potatoes. He did not care for the fish and chips he had in Scotland. Shane said his adjustment coming home was easy.

"After traveling nonstop for months, I was surprised at how quickly I adjusted back to everyday life when I returned home," Shane said. "It almost felt like I never left."

Band member attends National Gang Crime Research Center (NGCRC) training conference



Photo courtesy of Katherine Kalk's family

Mille Lacs Band member Katherine Kalk recently attended a three-day NGCRC gang training seminar in Chicago. Katherine is a senior at St. Cloud State University and will graduate next spring with a bachelor's degree in criminal justice and a minor in psychology.

Katherine first heard about the training seminar from St. Cloud State's criminal justice department. Although she's not sure which path she would like to take after earning her degree, Katherine knew that becoming certified in dealing with gang corrections would help her with future job pursuits.

With the help of her sponsor, District I Representative Sandra Blake, Katherine was able to attend the conference in Chicago with more than 200 students, police officers, and other criminal justice professionals from around the country. At the conference

Katherine attended presentations about gangs and drug wars taking place on the Mexican and Canadian borders, gang prostitution, opiates, and gang member interviewing and intelligence gathering strategies.

Katherine received three certificates for completing conference programming in interrogation skills, gangs and drugs, and basic gang corrections. Next spring Katherine will complete a criminal justice internship, and after graduation, she plans to get her master's degree in criminal justice and complete her bachelor's degree in psychology at St. Cloud State.

Band descendants part of Hinckley royalty



Photo courtesy of Hinckley News

Band member descendants Cassidy Dunkley (right) and Natalie Peel (left) were crowned royalty at the Hinckley Corn and Clover Carnival in July. Cassidy was crowned Miss Hinckley and Natalie was second runner-up.

Band youth places first in Nay Ah Shing triathlon



Photo courtesy of Bugs Haskin

Marquis Fisher (center) took first place in the Nay Ah Shing triathlon in August. This is his fifth time coming in first place during the triathlon. Marquis is pictured with Bugs and Brett Haskin.

Public Health Department Updates

National Childhood Obesity Awareness Month

By Kari DiGiovanni, RN

September is National Childhood Obesity Awareness Month. As kids go back to school, it is an important time to practice healthy eating and exercise habits. More than 23 million children and teenagers between the ages of two and 19 are obese or overweight, which public health and medical experts consider an epidemic. Obesity puts nearly one third of America's children at early risk for Type 2 diabetes, high blood pressure, heart disease, and stroke – conditions that usually only occur in adults.

The Mille Lacs Band Public Health Department suggests practicing the following healthy habits to help decrease the risk of childhood obesity.

- Limit television time for kids to no more than one to two hours of quality programming per day.
- Provide plenty of fruits and vegetables; limit foods high in fat, sugar and sodium; and prepare healthy family meals.
- Serve your family water or milk instead of sugar drinks.
- Make sure your child gets the recommended 60 minutes of physical activity daily.

For more information contact Kari DiGiovanni, WIC coordinator, at 320-532-7457 or Allison Harr, MCH coordinator, at 320-532-7511. Also, for more information about childhood obesity, visit www.healthierkidsbrighterfutures.org or www.cdc.gov/obesity/childhood.

Healthy Aging Month

By Jackie Jensen, RN

September is National Healthy Aging Month. The Mille Lacs Band Public Health Department would like to thank all of our caregivers who work to keep Elders, handicapped people, and children safe and comfortable.

Here are a few tips to help caregivers who assist family, friends, and loved ones in need.

- Build a support system by asking family and friends for emotional and moral support.
- Ask for help from home health care, adult daycare, or visiting nurse services when you need it.
- Take breaks each day to eat a healthy meal, exercise, and take a short nap.
- See your own doctors on a regular basis to make sure you are doing well and properly managing the stresses of caregiving.

Colon cancer

By Linda Moses, Circle of Life Plus coordinator

The American Cancer Society is making progress in early detection and treatment of colon cancer. As a result, colon cancer death rates for men and women have declined in the past two decades.

The Mille Lacs Band Circle of Life Plus encourages Mille Lacs Band members age 50 or older to get tested for colon cancer, even if you have no family history of the disease.

Colon cancer is one of the only two cancers – the other being cervical cancer – that can be prevented through screening

and is highly treatable if found in its early stages.

For more information about colon cancer, contact Linda Moses at 320-532-7776.

Prescription drug abuse

By Kimberly Willis, prevention/performance improvement manager

Prescription drug addiction can happen when you least expect it. An accident, injury, surgery, or sleep disorder may require prescription medication, which can put patients at risk for developing an addiction.

Prescription drug addiction begins when the person continues to take the prescription for an extended period of time. This can result in increased dosage amounts to achieve the same effect.

Many people who abuse prescription drugs do not know that pain killers and sleeping pills can have a backlash effect. When abused, prescription medication can amplify the problem instead of make it better.

As the body becomes conditioned to the substance, normal brain and nervous system processes can fail and your body may begin to lose its natural ability to fight pain or allow sleep.

Chronic pain is another issue that can lead to prescription drug addiction. Pain management is critical because without proper physical therapy options, dependency and tolerance of prescription medication increases.

The biggest barrier to prescription drug abuse is supply.

One doctor's prescription is rarely enough to meet an addict's growing tolerance of the medication. Therefore prescription drug abusers often resort to what is known as "doctor shopping," which means they will go from one doctor to the next complaining about pain symptoms with the objective of getting additional prescriptions.

When combined, prescribed medications can be deadly. Opiates, sleeping pills, and anti-anxiety pills all suppress the nervous system. Taking them together can result in breath cessation. In recent years, several celebrities (including Heath Ledger and Michael Jackson) have died due to these deadly combinations of prescription drugs. Overdose has become one of the most common causes of emergency room visits. Doctors have become more aware of this pill-seeking behavior, so many prescription drug abusers have turned to illegal drugs to get their fix.

Part of the problem is the myth that still exists about prescription drugs being safe. Even if a drug has been approved by the Federal Drug Administration for medical treatment, you should still use it with caution.

If you or someone you know is abusing prescription medication, contact the Mille Lacs Band's prevention program for additional resources to help fight addiction at 320-532-7775.

Department of Labor Updates

By Paul Janowiec, director of training and development at the department of labor

Introduction to Microsoft Word and Excel

This month the department of labor is offering two free one-day training seminars on Microsoft Office programs. The trainings are designed to help participants learn the basics of word processing and spreadsheet-based computer programs necessary to function on "day one" in an office or school environment.

The Microsoft Word training seminar will be held Wednesday, September 19, and the Microsoft Excel training seminar will be held Wednesday, September 26. Both trainings will be held from

10 a.m.-3 p.m. in the District II East Lake modular.

The prerequisite for Microsoft Excel training is Microsoft Word training. Class sizes are limited to 15, so register in advance by contacting Paul Janowiec at 320-532-4706 or paul.janowiec@millelacsband.com.

Department of labor classroom hours

The department of labor is offering extended classroom hours in each district for Band members who would like assistance with resumes, cover letters, online job searches, computer skills, TABE (Test of Adult Basic Education) testing, and GED exam preparation.

The following are the weekly classroom hours in each district:

District I department of labor classroom

- Mondays, Thursdays and Fridays from 9 a.m.-4:30 p.m.
- Tuesdays from 1-4:30 p.m.
- Wednesdays from 9 a.m.-8 p.m.

District II East Lake modular

- Mondays and Thursdays from 9 a.m.-4:30 p.m.

District IIA Chiminising Center

- Tuesdays from 1:30-4:30 p.m.

District III Aazhoomog Lake Lena Community Center

- Wednesdays and Thursdays from 10 a.m.-3 p.m.

In addition to offering classroom hours, the department of labor provides ongoing support to training and development program participants in each district. For additional assistance, contact the representative in your district.

- District I: Deb Campbell or Adrian Wade at 320-532-7811
- Districts II and IIA: Jen Shereck at 218-768-2428 or 320-676-1102
- District III: Jen Shereck or Deb Campbell at 320-384-6240

Also, to receive 'fast track' assistance with GED exam preparation, contact Deb Campbell at 320-532-7811.

Few Words Were Needed

Mille Lacs Band member Dr. Arne Vainio, who works on the Fond du Lac Reservation, shares his personal experiences in a series of articles in News From Indian Country.

It's been a year since I've been in an environment with so many fluent speakers. Families were visiting and the sound of laughter was constant. Kids were swimming and swinging on the playground swings, and there was a steady game of cribbage being played at one of the tables by the fire. More than 700 people came to the Fond du Lac Ojibwe Language Camp this June.

Ivy had been there for a full day and had already made new friends. She introduced me to Ted Atatise and his wife Loretta Ottertail. They are both fluent Ojibwe speakers and Ted and I became friends as soon as Ivy introduced us. Loretta's mother is Elizabeth "Betty" Bluebird and she was one of the elders who spoke in Ojibwe before our meals.

I played a game of cribbage against Betty at the picnic table. She and her partner were ahead of us the entire time. In the end both teams were at the last hole on the board. Betty and her teammate won by a single point. It's the closest game I've ever played and I'm already looking for a rematch next year.

I could tell by her quick laughter and the lines on her face that she's seen some hard times, and was happy to be with her family and so many people who look for her guidance.

At the camp, Jim Northrup was making birch bark baskets and teaching others how to do the craft. It was two days before I was able to talk to him because he was busy with demonstrations and interviews. Jim's wife Pat Northrup is the backbone of the camp and has been busy working on it for many months.

The waganoggans were set up as shelters for activities and demonstrations. Theresa Morrison was teaching beading to students the entire weekend. Vicki Ellis showed people how to make dream catchers; Charlie Nahagahnub taught people to make their own ricing knockers; Steve Perry taught people to make corn husk dolls; Randy Gresczyk demonstrated how to make drum sticks; Dawn LaPrairie taught the youth to play board games in Ojibwe; and Sarah Agaton Howes demonstrated how to make moccasins.

I liked watching the moccasin game. It turns out this is a very complicated game with lots of rules and opportunities for teaching moments. Leonard Moose, a fluent Ojibwe Elder, played a hand drum and sang as the game was played. Ted Atatise was one of the players who taught the youth how to play. As Leonard sang, Ted was laughing and dancing in place as he hid the stones from the boys across from him. It was almost hypnotic watching him and he was able to divert their attention and trick them almost every time.

The language camp always makes me think of my mother. She was fluent in Ojibwe and would have loved being here. She would have been one of the respected Elders laughing and sitting with Betty. My mother had a very hard life and the lines in her face were the same ones I see in other Elders. She taught me to always give a gift of cloth, asemaa and metal when I asked someone for something important.

To honor her, I always carry a Leatherman Micra pocket tool with me. This is not a cheap pocket tool, but is a stainless steel tool that I use every single

day. It has a scissors, a knife, tweezers, screwdrivers and multiple other tools. I always give the one I currently carry to someone I admire and respect and have given away over fifty of them.

At one point I was sitting at the picnic table with four other people and I realized that every one of them has a pocket tool I have given them over the years.

I was standing in the meal line with Ted on the second night when I gave him my pocket tool. He turned it over in his hand and opened all the blades and tools before he smiled and put it in his pocket. Few words were exchanged and few were needed to understand the meaning.

On the final day, there was a talking circle and everyone was able to say whatever they wanted. There were many there who rarely get this opportunity. Being with a group of people who mutually respect and support each other is getting to be a rare thing in this busy world we live in. Hearing how this experience changes people really brings that point home.

After the talking circle, a drum group of young men sang an honor song and then a traveling

song. With the honor song, Rick Gresczyk gave cloth to the fluent speakers and thanked them for sharing their knowledge with us.

As the traveling song was playing, everyone danced in a circle around the drum and the fire. As I was dancing I sensed someone next to me. It was my son Jacob who rarely dances. As a young teenager, he wants to be with his friends more than his parents, and doesn't always look forward to the same things Ivy and I do.

But here he was, dancing next to me as the drum group sang. It felt right. I want him to succeed, but I want him to do that with satisfaction and respect for others. I want him to know I support him and respect him. As we danced, I reached in to my pocket and held my hand over his. He looked puzzled and held his hand out. I placed my pocket tool firmly into his hand and I could tell that he was taken totally by surprise. He smiled and nodded at me and I nodded back at him. We both looked ahead as we danced next to each other.

Few words were exchanged and few were needed to understand the meaning.

Tribal Noteboard

Happy September birthday:

Wesley Gahbow, on September 13 with love from Kelly, Jay, Kellen, Auntie Peanut, Rachel, June, Taya, Noah, Mom, Onee, and Deek • **Georgia**, on September 6 from your family • **Age B**, from Kelly and Kellen • **Jade Elizabeth**, 13, on September 5 from Mom, Jason, and the rest of your family • **Charlotte Harrington**, on September 9 from Rachel, Waylon, Boo, Mean Mug, Mom, Dad, Carter, Nadine, PJ, Whitney, Cameron, Papa Doug, and Chick • **Nadine Harrington**, on September 28 from Rachel, Waylon, Boo, Mean Mug, Mom, Dad, Carter, Charlotte, PJ, Whitney, Cameron, Papa Doug, and Chick • **Tracy Harrington**, on September 29 from Agnes, Karen, Shel, Jary, Penny, Jake, Max, Aidan, Aiva, Marky, Emery, Sharon, Rave, Melodie, Val, Mariah, Baby Kev, Rachel, Waylon, Boo, Mickey, Phil, Nade, Char, and Baby Cory • **Erykah Jones**, 4, on September 26 from Mom, Auntie, Grandma, sisters, brother and cousins • **Richard Jones**, on September 8 from your family in Minneapolis • **Selena Marie**, 14, on September 10 from Auntie Danielle, DeaLayna, Stone, Derek Jr., Frances, Grandma, Mom, Dante, Mase, Day Day, Soul, Rae, Joe, Jim, Bruce, Jack, Simone, Doni, Joey, Sheila, Shawsha, and Nettie • **Soul Son**, 5, on September 15 with love from Auntie Danielle, DeaLayna, Stone, Derek Jr., Frances, Grandma, Mom, Selena, Dante, Mase, Shawsha, Day Day, Rae, Joe, Bruce, Jim, Jack, Simone, Doni, Joey, Sheila, and Nettie • **Natchez Taye Ballinger**, 13, on September 1 with love from Mom, Scott, Markiss, Damian, Taeren, Phoenix, Kenis and Navarra • **Navarra Finesse Larsen**, 1, on September 3 with love from Mom, Dad, Markiss, Damian, Natchez, Taeren, Phoenix, and Kenis • **Markiss Allen Smith**, 17, on September 14 with love from Mom, Scott, Damian, Natchez, Taeren, Phoenix, Kenis and Navarra • **Phoenix Lize Ballinger**, 10, on September 20 with love from Mom, Scott, Markiss, Damian, Natchez, Taeren, Kenis and Navarra • **Aunt Shirley**, with love from Tina, Kim, Jordan, Theresa and Max • **Arne Vainio**, on September 9 with love from Ivy

and Jacob • **Collin Smith**, on September 24 with love from Mom, Dad, Roland, Roland Jr., Camille, Lance, Terrell, Tierra, LaDarius, Desi, Lydell, McKayla, Tayaunna, Clayton, Candy, Clayton Jr., Aubrey, Roxann, Danica, Roger, Bev, Juni, Roy, and Jillian • **Roger Gahbow**, on September 5 from Bev, Juni, Roy, Jill, Ron, Gladys, Collin, Roland, Roland Jr., Camille, Lance, Terrell, Tierra, LaDarius, Desi, Lydell, McKayla, Tayaunna, Clayton, Candy, Clayton Jr., Aubrey, Roxann, and Danica • **Tyson Sam**, on September 14 from Aunt Gladys and family • **Jon Sam**, on September 5 from Aunt Gladys and family • **Lynnae Potter**, on September 13 from Aunt Gladys and family • **Chrissy Ballinger**, on September 11 from Mickie, Phil, Nadine, Char, Carter, Myrah, Loyn, Whitney, PJ, Cameron, Papa Doug, Chick, Dad, Lance, Heather, Tyler, Daniel, and Thomas Virnig • **DJ Ballinger Jr.**, on September 28 from Mickey, Phil, Nadine, Char, Carter, Myrah, Loyn, Whitney, PJ, Cameron, Papa Doug, Chick, Dad, Lance, Heather, Daniel, Thomas, and Tyler Virnig • **Tony Pike**, on September 3 with love from Mom, kids and Ramona • **Maia Satterlund**, on September 5 from Steve, Nessa, Momma Gogi, Sooze, Vince, Molly, Jess, Corey, Sam, Judy, Mama Connie, Jim, Smokey, Tucker, Kitten, and Precious • **Nessa Liz**, on September 18 from Dad, Maia, Gramma Gogi, Tucker, Smokey, Auntie Sooze, Vince, Molly, Jess, Gram, Grandpa, and Precious • **Jerome Bedausky**, on September 5 with love from Mom, Dad, Brent, Taryn, Brenda, Rome, Lucas, Chell, Camryn, Casey, Cordell, Camron, Tim, Miss Veronica, Jeremy, Ed, Aunt Nancy, Larry, Fran, Paris, Trista, and the rest of the family • **Taryn Bedausky**, on September 18 with love from Grandma Mary, Dad, Brent, Auntie Brenda, Lucas, Rome, Chell, Camryn, Casey, Cordell, Cam, Tim, Veronica, Jeremy, Ed, Fran, Paris, Trista, Auntie Nancy, Larry, and the rest of the family • **Spring and Kiowa Staples**, 26, on September 26 from your sisters and Mom • **Michael Glienke III**, on September 3 from Mom and family • **Chris Weyaus**, on September 14 from Mom and Dad • **Toddy Lee**, 16, on September 17 with love from Mom and brother • **Destanie**

Anderson, on September 3 with love from Mom, Jordan, Shyla, Grandma Gina, Uncle Dal, Dilly Bar, Grandma Nazz, Papa, Bud, and Bella.

Happy September birthday to Mille Lacs Band Elders!

Joe Anderson Jr.
Cynthia Benjamin
Joyce Benjamin
Viola Buck
Rose Bugg
Joseph Crown Jr.
Roger Dorr
Shirley Evans
Violet Ewert
Lorena Gahbow
Joseph Garbow
Mary Garbow
Roger Garbow
Lisa Griffin
Carol Hernandez
Bernida Humetewa
Donna Iverson
Kathleen Johnson
Beverly Jones
Rueben Merrill
James Mitchell
Carol Mojica
Jacqueline Moltaji
Elmer Nayquonabe
Joseph Nayquonabe
Alan Premo
Carol Sam
Darlene Sam
Karen Sam
Lloyd Shabaish
Janice StandingCloud
Charles Sutton
Marty Thomas
Russell Thomas
Joanne Weyaus
Leonard Weyaus
Richard Weyaus
Bonita White
Donald Williams
Dale Wind
Michael Wind

Congratulations

Congratulation to **Albert Jr. and Barbara Churchill** for celebrating their 50th anniversary on August 18 from your family.

Congratulations to **Danni Jo Harkness** for passing her GED with love from Mom and Dad.

Birth announcement

Congratulations to Travis White and Tiffany White on the birth of their baby boy **Travis**

Kevin Dewayne White II who was born on July 20. Travis Jr. weighed 7 lbs., 6 oz.

In memory

In memory of **John Pike**. I miss you so much and I will love you forever. Your baby, Jackie Pike.

In Search of My Birth Family

By Penelope

My name is Penelope and I was born on April 6, 1963. For 49 years I have looked at native people and always wondered if we might be related. I can no longer ignore my desire to find my family and return to my native heritage.

I was born six-eight weeks premature at St. Mary's Hospital in Minneapolis, where I was placed for adoption with Catholic Charities. The following is all of the information I have obtained over years of searching for answers.

My mother, a full-blooded Ojibwe American Indian, was born in 1944 in Cloquet, Minnesota. She was 19 at the time of my birth and the oldest of four children. I am told I have one older brother and as many as four younger brothers. My birth mom lived with her parents in Minneapolis at the time of my birth. My grandfather was born in Onamia around 1920, and I don't know the birth details of my grandmother. I do know that she was an artistic woman, which must be where I get my love for painting.

I am a Christian counselor and artist. I have two daughters and nine grandchildren between the ages of six months and 11 years old. Anyone who has more information about my family can contact me at 763-390-0867 or zayasnana@hotmail.com.

Ojibwe Culture and Traditions

Old-Style Cooking



By Beatrice Taylor, Mille Lacs Band Elder

Sometimes I get hungry for the old-style Indian cooking. That kind of cooking means making do from scratch.

For example, maybe you have a little piece of meat, and you can't fry it or bake it because there won't be enough for everyone. So you cut it up in little pieces and put it in a kettle of water with onion and salt. If you have a little bacon or pork, you throw that in there, too. Or hamburger, rabbit, partridge – whatever. Then you peel potatoes and dice them and put them in. If you don't have macaroni, you can make little homemade noodles. You can make homemade dumplings, too.

You put this all together and let it cook to make soup. And that's the best soup there is – it beats any other soup. I tell you, the kids are scraping the bottom of the kettle when we make it!

I taught my kids to cook. The boys cook just as well as the girls. In fact, my son Edward took first prize one time in a cooking contest when we had a little powwow at our community center. We had a cook-off to see who could make the best fry bread, and Edward won.

Fry bread is a very popular Indian food. And it's easy to make. You just use flour, water, salt, sugar, and baking powder. Some people use yeast, too, when they make a big amount.

When you make fry bread, you beat an egg a little bit and throw it in with the other ingredients. Then you knead it all together. Then you get your fat heating in a pan. When it's hot enough, you just break off the bread dough in little pieces and put it in the hot fat. It's French-fried bread. Everyone likes it!

Some people make fry bread well, others don't make it so well, but we all like it. We all eat it.

And I like the bread when we cook by the fire, too. My mother-in-law taught me that. When you're out camping by the campfire, you rake some of the coals up. Then you grease your skillet a little bit, put some dough in it, and set it on those coals until you figure it's pretty well cooked on the bottom. Then you prop the skillet up on its side, and that cooks the bread. And you get that little bit of smoke taste in there. Oh, that is delicious. That is the good life, eating bread by the campfire.

Mille Lacs Indian Museum Events

Kids craft workshop

Kids can enjoy light snacks and learn how to make corn husk dolls to take home. This project is recommended for children 10 years or older.

The workshop costs \$6 and will be held on Saturday, September 1, from 11 a.m.-3 p.m.

Wild rice processing

Watch museum staff process wild rice including how to dry, parch, thresh and winnow the rice. Visitors will be able to see the entire process and presentations will be offered every hour.

This event will be held every Saturday during the month of September from noon to 3 p.m.

The workshops costs \$8 for adults, \$7 for seniors and college

students, \$6 for children ages 6-17, and free for children age 5 and under and Minnesota Historical Society members.

Porcupine quill jewelry workshop

Learn techniques working with porcupine quills in this two-day workshop. This class will be held from noon-4 p.m. on Saturday, September 29, and from 10 a.m.-2 p.m. on Sunday, September 30.

The workshop costs \$60 for the general public or \$55 for Minnesota Historical Society members and Mille Lacs Band members, plus a \$15 supply fee.

Participants are encouraged to register by September 26.

Please call 320-532-3632 for more information.

Band Youth Learn to Harvest Wild Rice

Last month the Boys & Girls Club partnered with the Minisinakwang Leadership Academy in District II to learn about the traditional process of ricing. The East Lake ricing committee provided an interactive experience for Band youth to learn the traditional ricing process and why it is so important to the Ojibwe people.

Steps to process wild rice

To gather rice in the traditional manner, two people go out in a canoe. One person, called the poler, uses a long pole to push the canoe forward. The other person uses heavy sticks (called knockers) to sweep the wild rice stalks over the canoe and knock the rice grains into the bottom of the boat. When they get off the lake, they sack it up and take it home, where they dry it to prepare it for parching.

To parch rice by hand, the person doing the parching needs a fire and a kettle, stirring the rice constantly. Depending on how hot the fire is, each batch of rice takes about 20 minutes to parch. After the parching, the men dig a pit in the ground about one and a half feet deep and fill it with wild rice kernels. They then stand in the pit and move their feet up and down to separate the husks from the kernels. Because this can easily break the kernels, they lean on two poles to take away some of the force. It takes about 30 to 45 minutes to finish one pit. The final step is giving the rice to the women for winnowing. The women put the rice in a birch bark tray and gently toss it in the air. The wind catches the husks and blows them away, and the rice kernels fall back into the tray.



Band Elder Marie Gudim demonstrates how to parch wild rice.



Two youth jiggling the rice.



A Boys & Girls Club member winnows the rice.

Kelly Sam

Kelly Sam

Kelly Sam

Calendar of Events

September 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*To Purchase Tickets Visit a Grand Casino box office, call TicketMaster at 800-745-3000, or visit www.ticketmaster.com	<i>If you would like an event included in the community calendar, please contact Kelly Sam at 651-292-8062 or e-mail Kelly at kelly@goffpublic.com</i>					1 Kids Crafts Mille Lacs Indian Museum 11 a.m.-3 p.m.
2	All government offices closed for Labor Day	Nay Ah Shing School first day of school			Chris Young* Grand Casino Mille Lacs 8 p.m.	Wild Rice Processing Mille Lacs Indian Museum 12-3 p.m.
3		4	5	6	7	8
9	AMVETS Meeting Grand Casino Mille Lacs 6 p.m. Contact: Allen Weyaus 320-630-2988	10	District I Community Meeting District I Community Center 5:30 p.m. Contact: Billie Jo Sarcia 320-532-7423	11	DNR Firearms Training (See page 6)	14 Wild Rice Processing Mille Lacs Indian Museum 12-3 p.m.
16	17	District II Leadership Academy School Board Meeting 4 p.m. Contact: Raina Killspotted 218-768-2345	18	19	All-Elder Meeting East Lake ALU 11:30 a.m. Contact: Denise Sargent 320-532-7854	21 Wild Rice Processing Mille Lacs Indian Museum 12-3 p.m.
23	24	District IIA Community Meeting Chiminising Community Center 5:30 p.m. Contact: Lesley Sam 320-676-1102	25	District II Community Meeting East Lake Community Center, 5 p.m. Contact: Jenny Waugh 218-768-3311	26	Dwight Yoakam* Grand Casino Hinckley 7 p.m.
30	October 1		2	Urban Area Community Meeting All Nations Indian Church, 5:30 p.m. Contact: Barb Benjamin-Robertson 612-872-1424	3	Pocupine Quill Jewelry Workshop Mille Lacs Indian Museum 10 a.m.-2 p.m.
				4	5	6

"What Qualities Make Women Strong Leaders?"

Amanda Nickaboine



"Acceptance, empathy, understanding and the ability to listen."

Mary Bedausky



"Compassion and family beliefs."

Brenda Best



"The ability to believe in yourself and the choices you make and the ability to make sacrifices for yourself and others."

Wanetta Thompson



"Compassion and empathy. Women understand people's feelings better than others and we are natural caretakers."

Photos by Kelly Sam

2012 Mille Lacs Band Powwow Photos



The AMVETS Post 53 and Ladies Auxiliary members participated in the powwow parade on Saturday, August 18.



The color guard opens the 46th annual Mille Lacs Band Traditional Powwow, which was held on August 17-19.



Hundreds of American Indians dance in a grand entry at the Mille Lacs Band Traditional Powwow.



Larry Amik Smallwood (left) and Peter Gahbow (right) were the emcees at the Mille Lacs Band Traditional Powwow.



Mille Lacs Band Princess Noel Kegg (left) and Ain Dah Yung Princess Trina Fasthorse (right) during the Mille Lacs Band Traditional Powwow.



Mille Lacs Band member Jenn Fronk showed off her regalia at the powwow.



Shaniah Leslie danced fancy shawl at the powwow.

Photos courtesy of Ivy Vainio

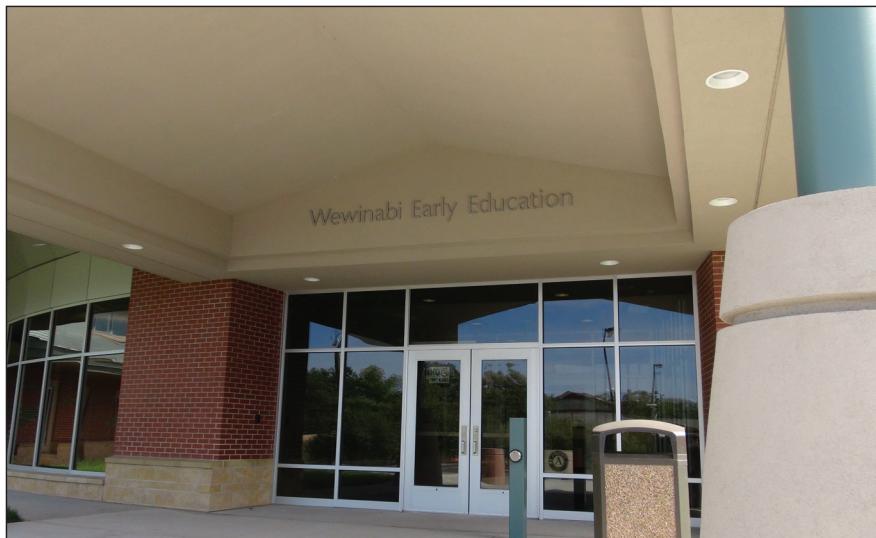
OJIBWE INAAJIMOWIN

October 2012

"The story as it's told."

Volume 14 • Number 10

Early Education Building Incorporates Green Designs



The Wewinabi Early Education Center opened for classes on September 4. The building is named after the late Mille Lacs Band Chief Art Gahbow, whose Ojibwe name was Wewinabi, meaning "sitting right."

When the Band's Community Development Department started developing concepts for the new early education building in District I, the team knew it wanted to incorporate the latest renewable energy and environmentally responsible features throughout the building.

"Going green is the right thing to do. Not only will this have positive effects on the environment and save money for the Band in the long run, it also aligns with the traditional Ojibwe value of looking seven generations into the future," said Mike Moilanen, director of planning and project management for the Community Development Department.

For several years the Band's Community Development Department's directives have been to utilize renewable energy and green building techniques and ensure that new construction projects meet energy efficiency standards.

The new early education building incorporates several

cutting-edge green features that will make the building more energy-efficient and save the Band money by decreasing utility payments. The real savings will be better known after the building has been in use for several months.

Geothermal heating and cooling

The early education building will be heated and cooled by 200 geothermal wells.

While conventional heating and cooling systems use air to transfer heat into and out of buildings, geothermal systems use the nearly constant temperature of the ground as a heat source during the winter and a cooling source during the summer.

Water is pumped from the building through pipes into a series of 200 150-foot-deep wells. Depending on the season, the water is either heated or cooled by the ground temperature, which remains constant at about 40 degrees. The water is then pumped back into the building where heat

pumps help the building reach the proper temperature.

Geothermal heating and cooling systems can create significant savings in energy costs. Mike estimates that after five to 10 years, the early education building's geothermal system will have paid for itself. After that point, the Band will have limited costs related to the heating and cooling of the building.

Additionally, geothermal systems reduce reliance on fossil fuels like oil and natural gas.

"This is the first building the Band has built with a geothermal heating and cooling system," said Mike. "We will closely monitor it to determine if similar systems should be used in future building projects."

Other green features

The early education building has large windows in the classrooms and hallways that allow for natural lighting. Most of the building is lit by LED light bulbs, which last up to 10 times

as long as compact fluorescent light bulbs.

Additionally, all of the lights have occupancy sensors so they only turn on when people enter the room. Some lights also have daylight sensors, which cause the lights to turn off when the room is adequately lit by sunlight.

Building materials were locally sourced whenever possible, reducing the cost and fossil fuels used to transport materials. For example, the brick used on the exterior of the building was required to be sourced within a 500-mile radius.

Rain gardens and ponds will help treat storm water on the grounds.

The building was constructed with longevity in mind, which is also a green feature. It has a brick and block exterior, real linoleum floors, and a metal roof, which could last twice as long as a shingled roof.

"By prioritizing renewable energy and green building we are reducing our impact on the environment," said Mike.



The underground pipe pictured above is a part of the early education building's geothermal heating and cooling system.

Photo courtesy of Mike Moilanen



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Boys & Girls Club Members of the Month

By Justin Beaulieu, Boys & Girls Club director

Congratulations to Jenai Beaulieu, Rhea Shabaash, Trevon Sam, Duke Roseland, and Dalton Roseland for being named the Districts I, IIa and III Mille Lacs Band Boys & Girls Club members of the month in September, and Serenitie Morin for being named the District IIa club's August member of the month.

To be chosen for this award, participants must consistently have a positive attitude and willingness to learn and try new things. Additionally, they must show positive leadership characteristics and the attributes of a good role model.

Jenai Beaulieu



Jenai, a third-grader at Onamia Elementary School, was chosen as the District I member of the month.

"I like to come to Boys & Girls Club because it is fun and we go on a lot of field trips," said Jenai.

Rhea Shabaash



Rhea, a second-grader at Hinckley Elementary School, is a two-time member of the month recipient for the District III Boys & Girls Club.

She participates in the nature, cooking, archery, craft, fishing and reading clubs, and earned the highest number of stars this month in the Star Program, a reward program which merits stars for participation and performance. Rhea always displays excellent behavior.

Serenitie Morin



Serenitie, was named the District IIa club's August member of the month. Serenitie has great attendance and a willingness to jump into

new activities. Team members have noted her strength in being a team player within her age group.

Trevon Sam



Trevon, was named the District IIa club's September member of the month for his great attendance and leadership

among his peers. Trevon helps tutor younger club members with homework and helps them with day-to-day activities.

Duke Roseland



Duke, the District III Boys & Girls Club co-member of the month, received the second highest number of

stars in the Star Program. He participates in 10-minute trivia and open gym. Duke, who is pursuing his GED, had the second highest attendance for the club in September and he has excellent behavior.

Dalton Roseland



Dalton, the District III Boys & Girls Club co-member of the month, attends Pine Grove Leadership Academy.

At Boys & Girls Club, he participates in 10-minute trivia, cooking club, open gym, and received the second highest amount of stars in the Star Program. He also has excellent behavior in the Star Program.

Band Explores Wind Energy at Early Education Building



per-hour winds, and will shut down automatically in high winds so that the blades are not damaged.

While the windspires will only generate some of the electricity needed to power the school, they will also be studied in the classroom. Nay Ah Shing students will have the opportunity to study wind power and conduct experiments using data from the windspires.

"Nay Ah Shing students will benefit from hands-on experiments and other educational opportunities in the rapidly growing renewable energy field," said Andrew Boyd, DNR ecosystems and environmental technician. "Plus windspires are a perfect opportunity for the Band to further study the feasibility and cost-effectiveness of wind energy."

This is not the first time the Band has dabbled in wind energy. The DNR installed a similar windspire in District II across from the East Lake Community Center in 2009. The windspire produces approximately 2,000 kilowatt-hours of energy per year in average winds of 12 miles per hour. This is approximately one-third to one-fifth of the energy used by most individual homes in the United States.

The DNR is currently conducting a wind feasibility study to determine if wind would be an effective renewable energy source for the Band.

Band Member Places First in Youth Golf Tournament



Band member Derek Burr, a seventh grader at Isle High School, placed first at the Black Bear Golf Tournament in August for the 11-12 year old division. He shot a score of 51. Congratulations!

Photo courtesy of Lauretta Burr

Mille Lacs Band Government 101

This is the third article of the *Inaaqimowin* series called "Mille Lacs Band Government 101," which provides in-depth information about the Band's three branches of government and its many departments and officials.

The role of the Solicitor General

The Office of the Solicitor General is situated within the executive branch of the Mille Lacs Band's government. The duties of the Solicitor General are principally set forth in two sections of the Mille Lacs Band's statutes: 4 MLBSA § 18 and 24 MLBSA § 1054.

Lead counsel

The Solicitor General serves as the lead counsel for the Mille Lacs Band and handles all civil and criminal litigation with the help of four other attorneys. While attorneys in the Office of the Solicitor General primarily work within the Tribal Court, they also handle litigation in state and federal courts.

In the event of a criminal incident, the Solicitor General reviews the police report and determines whether or not the person should be charged with the alleged criminal act. Criminal acts can range from assault or harassment to theft or extortion (see 24 MLBSA §§ 1101-1262).

If the person is charged with the crime, the Tribal Court typically issues a summons and schedules an arraignment hearing. At this point, the person charged with the crime (the defendant) can request a lawyer, who may be a member of the Band's legal aid department. At the arraignment hearing, the defendant offers a plea of guilty or not guilty.

Next there is a pre-trial hearing, at which the attorneys might try to settle the case outside of court. For example, this could involve reducing the charge or the punishment in exchange for the defendant's information about other cases or co-defendants.

If the attorneys are not able to settle the case outside of court, a trial is held. Most cases do not go to trial.

If the defendant is found guilty (either in court or through a settlement), the Tribal Court decides the punishment while taking into account the recommendations of the parties. Since the Mille Lacs Band does not have a jail, the punishment is generally a fine ranging from \$20 for traffic-related offenses to \$500 for more serious offenses. The defendant can either pay the fine right away or have it deducted from per-capita payments.

Civil matters are brought before the Solicitor General if all

administrative processes have been exhausted. For example, housing complaints (e.g., those related to evictions, foreclosures, etc.) need to go through the Housing Board or Administration Policy Board first (see 12 and 13 MLBSA); and employment complaints (e.g., those related to harassment, discrimination, termination, etc.) need to go through the Grievance Committee first (see 6 MLBSA and Personnel Policy & Procedures). Civil matters can also include those related to child neglect, domestic abuse, child support payments, and guardianship (see 8 MLBSA).

If a grievant exhausts the available administrative process, the Solicitor General will receive a summons from the Tribal Court upon an appeal. The civil case then proceeds in a similar fashion to a criminal case.

Statute interpreter

The Solicitor General also assists in drafting Band statutes, Executive Orders, and Commissioner Orders and helps interpret Band statutes and provisions to determine if they conflict with other Band statutes, the Minnesota Chippewa Tribe Constitution, or federal laws. The Chief Executive or Band Assembly can ask the Solicitor General for a formal opinion on a statute, which would carry the force of

law and would become a statute itself, provided the opinion is not timely annulled by the Band Assembly. Alternatively, the elected official can ask the Solicitor General to offer an informal opinion, which provides advice on how to interpret a statute but does not become the equivalent of a Band law.

Department of Justice head

The Solicitor General leads the Band's Department of Justice, which includes the Department of Public Safety, the Tribal Police Department, and the Legal Aid program.

While Band statute gives the Solicitor General authority to supervise police investigations, he/she generally only becomes engaged when the crime is severe or if complaints have been filed against the Tribal Police.

Additionally, the Solicitor General has administrative oversight of all personnel in the Legal Aid Department, but he/she does not supervise the department's day-to-day operations. This would cause a conflict of interest because legal aid attorneys represent defendants, so they are often on the opposite side of the Office of the Solicitor General in court proceedings.

How the Band Gets Clear and Concise Information To Band Members in an Emergency

Last month we discussed the role of the Band's Tribal Emergency Response Committee (TERC) during emergencies like the flood this summer in District II. This month we will tell you about one of the members of TERC – the public information officer.

When a crisis strikes, everyone involved wants and needs reliable, straightforward information. This is no small task, especially considering phone lines might be down, the electricity might be out, and many Band members live in secluded areas that can be hard to get to if roads are blocked. The Band's public information officer (PIO) works around these barriers to ensure the

information provided to people is correct, clear and concise.

Band member and Government Affairs Coordinator Jamie Edwards currently serves as the PIO, which means he is authorized to act as spokesperson for the Band during an emergency, unless he chooses to delegate the responsibility to other officials. This might happen when the Band has an expert on a topic directly related to the emergency.

The PIO and/or his designees are responsible for disseminating timely information, correcting misinformation, and providing volunteer instructions to the media and the public. They are

also charged with coordinating statements and news releases to the media during and after emergencies. One of the new and best tools for reaching Band members is through the Band's Facebook page (www.facebook.com/millelacsband), which was used during the East Lake flooding to announce road closures, emergency contacts, and drinking water instructions.

In addition, the PIO and/or his designees collaborate with neighboring counties and other entities, such as Aitkin County during this summer's flooding and Pine County in the aftermath of the severe winds that struck Lake Lena in 2011.

"Having a PIO is important because people need accurate

information quickly during an emergency, and they also need to be reassured that someone cares about them," said Jamie. "The Band does care, and we want people to be as informed as possible. Things are never ideal in an emergency, but having a PIO helps us do our best."

Weather radios

TERC is supplying free weather radios to Elders in all the districts and the urban area. You can pick up a radio from the public health office in District I, the Department of Natural Resources office in Districts II, III and IV, and the Urban Office.

12th Annual March for Family Peace Set for October 18

In honor of Domestic Violence Awareness Month, the Mille Lacs Band's Family Violence Prevention Program is hosting the 12th annual March for Family Peace on Thursday, October 18.

The walk is designed to raise awareness about domestic and sexual violence, and support the victims of these types of abuse. Everyone is welcome to participate in the march. Attendees will gather at the Band's Government Center at 4:45 p.m. on October 18 and march to the District I Community Center for a meal, speakers, games and prizes.

The Family Violence Prevention Program offers services in assisting victims of domestic and sexual violence. Advocates are trained to provide victims with options to escape domestic and sexual violent relationships. Services include crisis intervention, one-on-one advocacy, legal advocacy, courtroom support, sheltering, transportation, support groups, safety planning and other resources and referrals.

For more information about the program or the annual march, contact the Family Violence Prevention Program at 320-532-4780.

Mille Lacs Band Establishes New Dog Ordinance

By Zachary Atherton-Ely, deputy solicitor general

All owners of dogs residing on the lands of the Mille Lacs Band of Ojibwe (hereinafter Band Lands) must abide by the Mille Lacs Band of Ojibwe Dog Ordinance (hereinafter Dog Ordinance). A copy of the Dog Ordinance is available on the Band's website (www.millelacsband.com/Page_BandStatutes.aspx).

Due to the large population of dogs on Band Lands, the Dog Ordinance encourages all owners to have their dogs spayed or neutered at the earliest appropriate age of the animal. All owners must register their dog with the Tribal Police within 14 days after the dog is first present on Band Lands. All dogs over six months old must be vaccinated against rabies every year. Owners must provide proof of rabies vaccinations to the Tribal Police.

Failure to register and vaccinate properly will result in fines. Proper registration also allows Tribal Police to return lost dogs to their owners in a timely manner. Owners should call

Community Service Officer Leroy Lassard at 320-532-3430 for information regarding registration.

Owners are responsible for the actions of their dogs. Dogs must be leashed and/or confined to the owner's property at all times. Owners of aggressive dogs must clearly post a "Beware of Dog" sign on the property where the dog is confined. Owners will be fined if their dog attacks, chases, or otherwise acts aggressively without provocation. Tribal Police are authorized to confiscate such dogs to protect the public. Owners will be liable for any confiscation costs. The court may even order that particularly dangerous dogs be euthanized at the owner's expense.

Owners also have a duty to take proper care of their dogs. Dogs that appear sickly, diseased, injured or abandoned will be confiscated by law enforcement. The owner will be required to reimburse Tribal Police for the costs associated with confiscating the dog and may also be fined.

Tribal Child Support Reminder

By Amy Doyle, director of tribal child support

The tribal child support program would like to remind clients to stay in contact with their case managers regarding any changes that may impact their case such as address, phone number, employment, child care, and child guardianship changes. The Mille Lacs Band child support office is open Monday-Friday, 8 a.m.-5 p.m. For questions or more information, call 320-532-7755 or e-mail mlb.childsupport@millelacsband.com.

Mille Lacs Band Employment Opportunities and Recent Hires

By Sarah Barten, public relations specialist at Grand Casinos

Job openings

Are you someone who is up to the challenge of a fast-paced job in a unique environment? Do you like interacting with people on a daily basis? If so, submit your applications and resumes to the Mille Lacs Band Corporate Commission.

There are plenty of employment opportunities for Mille Lacs Band members at the businesses owned and operated by the Corporate Commission.

The Corporate Commission creates a rewarding work environment for Associates to experience personal and professional growth and development. If you are interested in receiving job postings via e-mail on a weekly basis, please e-mail your contact information and area of interest to bandmemberjobs@ccmlb.com.

New hires

Congratulations to the following Band members who were recently hired by the Corporate Commission.

- Alyria Boyd, beverage server at Grand Casino Mille Lacs
- Keenan Weyaus, cage cashier at Grand Casino Mille Lacs
- Mariah Harrington, buffet busser at Grand Casino Mille Lacs
- Heather Provo, pull tab cashier at Grand Casino Mille Lacs
- Jonathan Nickaboine, hotel room attendant at Grand Casino Mille Lacs
- Kirby Benjamin, buffet busser at Grand Casino Mille Lacs
- Cameron Weous, table games dealer at Grand Casino Mille Lacs
- Stacy Skinaway, environmental SVC engineer at Grand Casino Mille Lacs
- Christina Martin, Cherries Line cook at Grand Casino Hinckley

- Rueben St. John, slot technician at Grand Casino Hinckley
- Wallace St. John, buffet cashier at Grand Casino Hinckley
- Laural Sam, maintenance engineer at Grand Casino Hinckley

Recent promotions

Congratulations to the following Band members who were recently promoted by the Corporate Commission.

- Allen Weyaus was promoted to maintenance shift manager at Grand Casino Mille Lacs. Allen has seven years of maintenance experience and five years of supervisory experience. Most recently, he served in the position of EVS supervisor and hotel housekeeping assistant manager.
 - Tim Weyaus was promoted to table games pit supervisor at Grand Casino Mille Lacs. Tim has more than five years of table game experience and will be a great asset in this new role.
 - Harold Knowlen was promoted to slot service Associate at Grand Casino Hinckley. Harold's previous Guest service experience in the buffet will be a great asset to his new slot role.
 - Summer Thomas was promoted from buffet hostess to buffet server at Grand Casino Hinckley. Her hosting experience will be valuable as her career progresses in the food department.
- For more information on open positions or to update your resume and application, please contact the following HR representatives:
- Grand Casino Mille Lacs: Andrea Allie, 800-626-5825, ext. 8325
 - Grand Casino Hinckley: Bonnie Matrius, 800-472-6321, ext. 4929
 - Corporate Commission/non-gaming businesses: Nicole Hyatt, 320-532-8844

Free Hearing Evaluations

To schedule an appointment for Friday, October 12, at Ne-Ia-Shing Clinic, call 320-532-4163. Walk-ins are welcome. We will do our best to serve you.

Hearmore Hearing has offices in Saint Paul and Osseo. To schedule an appointment Monday through Friday, call the Saint Paul office at 651-771-4019 or the Osseo office at 763-391-7433.

Collaboration Is Key: Three Band Members Teaching at Mille Lacs Tribal College

Central Lakes College (CLC) hired three Mille Lacs Band members who are teaching courses at the Mille Lacs Tribal College this semester. Becky Houle and Jodell Meyer are first-time math and art instructors in the Minnesota State Colleges and University system, and Joe Nayquonabe Sr. is returning as an Ojibwe language instructor.

"Having instructors who are Band members is very valuable to the college," said Camille Naslund, director of higher education for the Band. "They are experts in their fields and relate well to our students, which makes them important to the success of both the college and our students."

Becky, who teaches pre-college math, is the director of internal audit for the Mille Lacs Band Gaming Regulatory Authority. She has a bachelor's degree in mathematics from St. Olaf College and a master's degree in business management from the College of St. Scholastica. She is also a Certified Internal Auditor and is completing her second master's degree in tribal administration and governance from the University of Minnesota-Duluth.

Jodell teaches an American Indian art class. In her other role as the corporate director of Band member development, she helps match Band members with employment and training opportunities at Grand Casinos and the Band's small businesses.

Previously she worked for Grand Casino Mille Lacs and the Mille Lacs Indian Museum. She has a master's degree in education from the University of Minnesota-Duluth. She also is a local artist and has traveled extensively across the country, engaging with other American Indian artists.

Joe continues to teach Ojibwe at the tribal college and at Nay Ah Shing Upper School. Nay Ah Shing students in his class receive college credit through CLC's College in the Schools Program. Joe has also served as a cultural support leader for faculty and staff at the tribal college.

"We want Mille Lacs Band Tribal College students to gain the most from the collaboration

between Central Lakes College and the Mille Lacs Tribal College," said Band member Mary Sam, who is the director of diversity, equity and tribal relations for CLC. She also leads the American Indian Advisory Council on the CLC campus in Brainerd.

"Having such highly qualified Band members as instructors helps us accomplish that goal," Mary added. "This is a great opportunity for our Indian and non-Indian students to build relationships with American Indian instructors who model the value of higher education. Leadership and mentorship are huge factors in American Indian student retention."

20+ years of collaboration

Central Lakes College has collaborated with the Mille Lacs Band and in the Mille Lacs area for more than 20 years.

Currently, Central Lakes College facilitates a monthly "Teaching Circle" for staff and faculty involved in the CLC/Mille Lacs Tribal College collaborative. "This enables us to learn about the 'best practices' in American Indian student engagement and retention. We learn from each other and from outside experts," said Mary.

CLC and Bemidji State University are also establishing a four-year Indian studies program at CLC's Brainerd campus.

Other current partnerships between the Band and CLC include:

- Serving high school and college students in the region with TRIO and Upward Bound services
- Offering TANF courses.
- Partnering on grants, including the HealthForce Minnesota Grant which provided opportunities to increase the number of American Indians in health care careers
- Leading the Cradle to Career Race Equity and Excellence in Education regional initiative
- Hosting the American Indian Business Leaders program (inclusive of Nay Ah Shing, Isle, and Onamia schools)
- Hosting an American Indian artists collaborative
- Collaborating with law enforcement and Mille Lacs Band Department of Natural Resources training
- Collaborating on nursing programs, training and screening
- Providing college-in-the-schools instruction to nearly 31 high schools in the region, including Aitkin, Isle, Onamia and Nay Ah Shing. American Indians have the opportunity to take college-level courses at their respective high schools to earn college credits. Some students are able to earn associate degrees while in high school
- Collaborating with AMVETS Post 53
- Partnering with the Little Otter Singers and the Nay Ah Shing drum group, who have

both participated in numerous events on the CLC campus, including deployment ceremonies and re-integration ceremonies for returning veterans

For more information

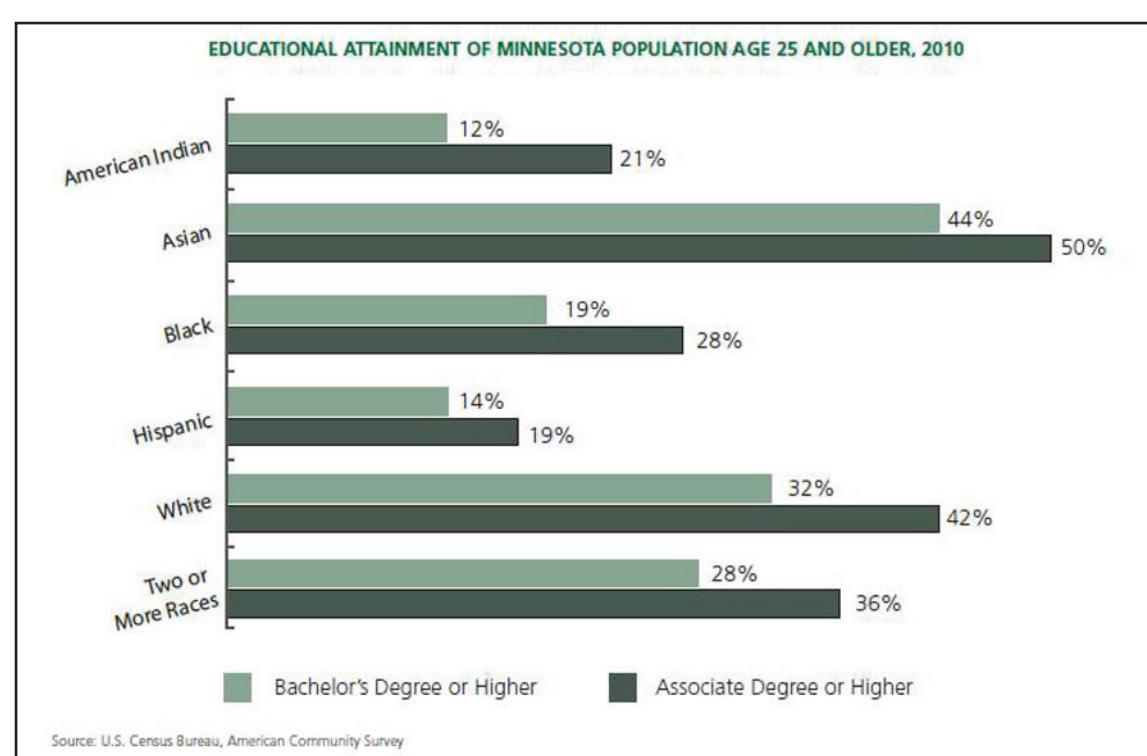
The Mille Lacs Tribal College at the Galloway property near District I offers classes in collaboration with Central Lakes College, Fond du Lac Community College, and the University of Minnesota-Duluth.

For more information, contact Camille Naslund at 320-495-3702, ext. 28, or camille.naslund@millelacsband.com. Registration opens in October for the next semester, which begins in January 2013. Mary Sam can be reached at 218-855-8159 or msam@clc.edu.

Education requirements for jobs, 2018

- Less than high school - 10%
- High school graduate - 28%
- Associates degree - 17%
- Some College - 12%
- Bachelor's degree - 23%
- Graduate degree - 10%

Georgetown University, Center on Education and the Workforce, Help Wanted: Projections of Jobs and Education Requirements Through 2018, 2010. Page 14. <http://www9.georgetown.edu/grad/gppi/hpi/cew/pdfs/FullReport.pdf>



Your Vote in November is Important

The 2012 election (November 6, 2012) is only a month away. October is a critical month for voters to learn more about candidates and make educated decisions as they go to the polls.

Candidates

Some very big races will be decided on November 6. Along with electing a new President and Vice President, Minnesotans will elect the following officials:

- One U.S. Senator
- Eight U.S. Representatives
- All 201 state legislators
- State Supreme Court justices
- Court of Appeals judges
- District Court judges

To determine who will be on your ballot, visit the Minnesota Secretary of State's website (www.sos.state.mn.us) or call 877-600-VOTE.

In some communities, school board members, city council members, and other local offices will also be up for election on November 6. To determine if your local government will have offices on the ballot, visit your city or county's website. To find your local government's website, visit the State of Minnesota website (www.state.mn.us) and click on "government."

Constitutional amendments

In addition to electing officials to a variety of positions, Minnesota voters will vote on two proposed constitutional amendments regarding the definition of marriage and voter identification.

The exact language and an explanation of each amendment is below:

- Shall the Minnesota Constitution be amended to provide that only a union of one man and one woman shall be valid or recognized as marriage in Minnesota?

By voting yes, you are saying that you want to define marriage strictly as an act between a man and a woman in the state constitution, which will make it difficult for lawmakers to reverse the current state law that bans gay marriage. By voting no, you are saying that you do not want the state constitution to ban gay marriage.

- Shall the Minnesota Constitution be amended to require all voters to present valid photo identification to

vote and to require the state to provide free identification to eligible voters, effective July 1, 2013?

Voting yes will indicate that you want to require all voters who are voting in person to present valid government-issued photo identification before receiving a ballot. Voting no will be a vote in favor of allowing people to vote without presenting photo identification.

Please note that if you decide not to cast a vote for one or both of the constitutional amendments, your lack of vote will be counted as a vote against the amendment.

Redistricting

Earlier this year Minnesota's electoral districts were redrawn using the 2010 census data, a process called redistricting. As a result, your district and polling location may have changed since the last time you voted. You can find your polling location on the Minnesota Secretary of State's website at <http://pollfinder.sos.state.mn.us>.

Because of the redistricting, all 201 state legislators are up for election and the makeup of the 2013 state legislature could significantly change.

Registering to vote

Voters need to register if they have never voted before, if they have changed their name or moved since the last time they voted, or if they have not voted for four or more consecutive years.

To register to vote before the election, go to the Minnesota Secretary of State's website (www.sos.state.mn.us), click on "elections and voting," and then choose "voter information."

Complete the voter registration application and submit it by mail or in person to your local election official. Contact information for election officials is available on the same website. Forms must be received by Tuesday, October 16.

If you miss the deadline, you can register at your polling location on Election Day. You can register using a photo identification that provides a valid address located in the precinct where you are voting. Valid IDs include a Mille Lacs Band ID, Minnesota driver's license, passport, military ID, Minnesota ID card, and Minnesota university or technical college ID (if your

school has provided a student housing list to election officials).

If you don't have a photo ID with a current address, you can vote by bringing a utility bill (gas, electric, telephone, water services, cell phone, etc.) that is due within 30 days and has your current address.

You can also vote by having a registered voter from your precinct confirm your address with a signed oath.

Absentee voting

If you can't get to the polls on November 6, you can submit an absentee ballot. Absentee voting will remain open through November 5.

The easiest way to vote by absentee ballot is to go to your county auditor's office, or your city or township clerk's office before Election Day. For details, please contact your county auditor below.

- Aitkin: 218-927-7354
- Crow Wing: 218-824-1045
- Hennepin: 612-348-5151
- Mille Lacs: 320-983-8310
- Pine: 320-591-1670

If you can't go in person, you can fill out an absentee ballot application (found at www.sos.state.mn.us) and mail, e-mail or fax it to your county auditor. Then your ballot will be sent to you by mail. Once you have filled out your ballot, you will mail it to your county auditor. Please note that your ballot must reach your county or local election office by Election Day to be counted.

When to vote

Most polling locations are open from 7 a.m. to 8 p.m. on Election Day. In some rural areas, polls will not open until 10 a.m. Use the Minnesota Secretary of State's Pollfinder (<http://pollfinder.sos.state.mn.us>) to find your polling location and its hours.

Rides to the polls

The Mille Lacs Band is providing Band members with complimentary rides to the polls from all three reservation districts and the urban area. If you need a ride, please call Katie Draper at 320-515-0846, Carolyn Shaw at 320-362-0292 or Jamie Edwards at 612-850-2124.

Circle of Health Updates

By Circle of Health staff

Ameritas Vision cancellation

Due to cost, benefits and usage, Circle of Health has decided to eliminate the Ameritas Vision Plan (previously Brokers National). Mille Lacs Band members currently enrolled in this plan may continue to use the service until December 31, 2012. Band members will continue to have a \$250 annual eyewear benefit to use with a provider of their choice.

Delta Dental

Circle of Health has been in negotiations with a new subgroup of Delta Dental that would benefit eligible Band members. Announcements will be made once more details are confirmed. Band members should watch for updates and/or mailings regarding Delta Dental.

Enrollment

The next Mille Lacs Tribal Community (MLTC) open enrollment period is January 1, 2013. Circle of Health will mail notices to eligible Band members prior to each open enrollment period. If you are uninsured, please contact your claims processor below for assistance.

- A-L: Roberta Lemieux, 320-676-8214, ext. 256
- M-Z: Tammy Smith, 320-676-8214, ext. 253

Reminders

Circle of Health staff will attend the community meetings in all districts in the near future to answer questions about Circle of Health benefits and services. Circle of Health updates can also be found on the Mille Lacs Band website under "Programs and Services."

Band members are reminded to notify Circle of Health if their contact information (address or phone number) changes. Circle of Health relies on this up-to-date information to communicate important information, especially when it requires action from the recipient.

Public Health Department Updates

By Lisa Blahosky, Public Health director

District III health fair

The District III health fair will be held Friday, October 12, at the Aazhoomog Community Center from 9:30 a.m.-2:30 p.m. Individuals and departments are encouraged to participate in the fair and provide health-related information to the Aazhoomog community. To register an individual or department booth, contact Donna Hormillosa at 320-384-9990 or donna.hormillosa@millelacsband.com by Wednesday, October 3.

The event is in coordination with the mobile mammography unit, which will provide mammograms and pap smear tests at the Aazhoomog Community Center that day.

Health assessment survey coming to Band members

By Kimberly Willis, prevention specialist

The Band will conduct a health assessment survey of all tribal households in an effort to improve the services it offers and better address the needs of the tribal community.

The survey will ask for feedback about ways to create a safer and healthier environment for all people living on the reservation. The Band hopes this survey will replace other community surveys and be administered every three years to track progress.

The survey findings will be used by the Bi-Zin-Da-De-Dah coalition, which is a community-driven coalition that addresses issues facing the reservation community, such as domestic violence, alcohol and drug abuse, and gang and domestic violence. The coalition will use the information to implement the changes needed to improve reservation life.

Survey distribution details have not been confirmed. For more information, contact Kimberly Willis at 320-532-7775.

SIDS Awareness Month

By Kari DiGiovanni, RN

October is Sudden Infant Death Syndrome (SIDS) Awareness Month. More than 4,500 babies succumb to SIDS each year, and statistics show that as many as 80-90% are the result of unsafe sleep practices. Despite information being available about the importance

of safe sleep practices for infants, the number of babies who die from unsafe sleep environments is on the rise.

SIDS is not 100% preventable, but there are plenty of ways to reduce the risk of SIDS.

- Always place your baby on his/her back to sleep
- Use a firm crib mattress with snug sheets
- Do not put anything soft, loose or fluffy in the crib such as pillows, extra blankets, bumpers, stuffed animals, or comforters
- Make sure your baby is properly clothed for the temperature of his/her sleeping environment; overheating can lead to SIDS

For more information about safe sleep practices, visit www.firstcandle.org or contact the Mille Lacs Band Public Health Department at 320-532-7776.

Reminders for flu season

By Mary Mercado, RN

There are many different strains of the flu virus, but one that has raised concern is a new flu virus, H3N2v, which has been found in U.S. pigs. Though it's rare, it can spread from pigs to people, and from people to pigs.

The Center for Disease Control and prevention (CDC) recommends that anyone who is at high risk of serious flu complication – usually the elderly, young children, pregnant women, and people with long-term health conditions – should avoid or minimize contact with pigs and swine barns. The CDC also recommends that pig owners be mindful of illness or signs of unusual behavior in their pigs, and to contact their veterinarian if they suspect an illness. If you are exposed to pigs, wash your hands with antibacterial soap or use an alcohol-based hand sanitizer.

Anyone who develops flu symptoms after coming into contact with pigs should call a health care provider. Seasonal flu vaccines will not protect against H3N2v, but prescription influenza antiviral drugs can be an effective treatment against this flu strain.

Facts about breast cancer in men

By Linda Moses, Circle of Life Plus coordinator

According to the Mayo Clinic, women are 100 times more

likely than men to develop breast cancer, but most men do not realize that they have a small risk of being affected. Because it is more common in women, females tend to be more aware of the disease and the warning signs. Males have the tendency to ignore breast lumps or think they are caused by something else, often prolonging medical treatment until the lump has grown significantly.

Approximately one in six cases of male breast cancer is the result of an inherited genetic mutation. The most common symptom of breast cancer in men is a lump in the breast, changes in the skin on the breast, and dimpling of the skin in that area.

Breast cancer is most commonly diagnosed in men between the ages of 60 and 70. Common risk factors include a family history of breast cancer, exposure to radiation, elevated estrogen levels, and liver disease.

For more information about breast cancer, contact the Mille Lacs Band Public Health Department at 320-532-7776.

Secondhand Smoke Project announcement

By Kristy LeBlanc, Secondhand Smoke Project outreach coordinator

According to Reuters Health, one in five children is exposed to secondhand smoke in cars every day. Arkansas, California, Louisiana and Maine have already made it illegal to smoke in cars with child passengers to eliminate this exposure, but 46 states still allow it.

Mille Lacs Band community members are encouraged to follow these measures and keep vehicles smoke-free. For more information, contact the Secondhand Smoke Project at 320-532-7760.

Healthy Lung Month

By Roberta Ladd, community health educator

October is Healthy Lung Month. Protect your lungs by quitting smoking and limiting your exposure to secondhand smoke. Attend smoke-free events or go to places with smoke-free policies. Keep your lungs healthy by staying active and practicing deep breathing exercises.

When a person smokes or chews commercial tobacco, it leaves a residue of harmful chemicals and toxins in your internal organs, which raises

the risk for harmful illnesses. Commercial tobacco is linked to lung cancer, emphysema, chronic bronchitis, heart disease, and other life-threatening conditions. The earlier you quit smoking, the higher the likelihood is that you will live longer.

If you feel ready to quit or need support in your smoking cessation plan, contact Roberta Ladd at the Mille Lacs Band Public Health Department at 320-532-77812.

Free transportation available to medical and dental appointments

By Mary Sam, community health representative

Public Health transporters are available to help Mille Lacs Band members get to medical and dental appointments.

Because of the high demand for our services, we require updated referrals for clients who have weekly or monthly appointments to the Twin Cities, St. Cloud, Duluth, or any destination that is more than 50 miles away. The referral must be from the Mille Lacs Band health care system and must state that you cannot receive the same or equitable service from either the Ne-la-Shing Clinic or Aazhoomog Clinic.

Transportation services must be requested two days prior to the medical or dental appointment. Services are based on availability and are not guaranteed. Booking in advance increases the likelihood of securing a ride.

Passengers are restricted to the person who has the medical or dental appointment. However, if passengers are under 18 years old, they must be accompanied by a parent or guardian. All children less than 80 pounds and 50 inches tall must ride in a car seat. Smoking is prohibited in public health vehicles, and passengers are reminded to be on time for their pickups.

For more information or to schedule a transportation aide or medication delivery, contact the community health representative in your district.

- District I and IIA: Mary Sam, 320-532-7815
- District II: Eileen Farah, 218-768-2389
- District III: Francine Staples, 320-384-0149

Circle of Health Survey Results

By Circle of Health staff

Thank you to everyone who participated in the 2012 Circle of Health survey. The survey garnered 405 responses. The following is a breakdown of the results.

- 22% of respondents think Circle of Health should become a Band member program only
- 21% of respondents think Circle of Health should cut dental premium coverage or reimbursements
- 15% of respondents think Circle of Health should no longer cover prescription co-pays (unless using the Ne-la-Shing pharmacy)
- 8% of respondents think Circle of Health should become an income-based program
- 2% of respondents think Circle of Health should no longer cover medical/dental co-pay and deductible amounts
- 17% of respondents selected more than one answer from the above options

Fifteen percent of survey respondents did not select from the five choices above. The majority of these respondents provided additional comments, with the most common response being "no change."

The Circle of Health program thanks everyone for their help in evaluating the services that are important to Band members.

Heating, Water, and Home-Related Maintenance Problems

During normal business hours, tenants in Band rentals and private Elders living within the service area should call 800-709-6445, ext. 7433, for work orders.

After business hours, tenants with maintenance emergencies should call 866-822-8538 and press 1, 2 or 3 for their respective district.

Mille Lacs Band Member Legal Aide Fall Outreach

The Mille Lacs Band Member Legal Aide will be available for appointments or walk-in clients from 10 a.m.-2 p.m. on the following dates:

- District IIA Chiminising Community Center – Wednesday, October 3
- District III Lake Lena/Aazhoomog Community Center – Wednesday, October 24
- District II East Lake Community Center – Monday, October 29
To schedule an appointment or to get more information, please call 320-532-7798.

Halloween Parties Planned for Each District

Mille Lacs Band members are invited to have a "spooktacular" time at this year's Halloween Fest, which is taking place at each of the district's community centers on the following days from 5:30-8 p.m.

- District II: Monday, October 22
- District IIA: Thursday, October 25
- District III: Friday, October 26
- District I: Tuesday, October 30

Each Halloween party will feature fun games and activities for all ages including face painting, fancy hairdos, a treasure hunt, and eating, talent and costume contests.

To participate in one of the contests or for more information, contact Kim Willis at 320-532-7760 or kimberly.willis@millelacsband.com.

Mobile Mammography Unit to Visit Reservation

By Mary Young Thompson,
Ne-la-Shing Clinic patient care
coordinator and LPN

This month the Mobile Mammography unit will visit Districts I, II and III on the following days.

- Ne-la-Shing Clinic: Wednesday, October 10, from 9 a.m.-4 p.m.
- East Lake Community Center: Thursday, October 11, from 9 a.m.-4 p.m.
- Aazhoomog Clinic: Friday, October 12, from 9 a.m.-3 p.m.

Women ages 40 or older or who have a family history of breast cancer are eligible to sign up for a mammogram on any of the days listed above. Pap smears will also be offered through the mobile mammography unit. For more information, contact Mary Young Thompson at 320-532-4163, ext. 2502.

Tribal Noteboard

Happy October birthday:

Marsha Sam, on October 1 from Mickey, Phil, Nadine, Char, Carter, Whitney, Cameron, PJ and Dad • **Melodie Pendegayosh**, on October 31 from Mickey, Phil, Nadine, Char, Carter, Cameron and PJ • **Ronda**, on October 10 from your husband, kids and grandkids • **Sandy Jones**, on October 12 from your children • **Ashley Hicks**, on October 24 from Auntie, Tuwee and cousins • **DJ**, on October 26 from your family in Minneapolis • **Ron Garbow**, on October 5 with love from Marvin Garbow • **Kyla Lynn Gahbow**, on October 22 with love from Uncle Al and Nana • **Amelio Cruz Merrill**, 10, on October 12 with love from Mom, Dad, Nevaeh and Carlos • **Blake Harold Smith**, 3, on October 12 with love from Aunt Wendy, Amelio, Nevaeh, and Carlos • **Mervel G. Jones III**, 24, on October 25 with love from Tehlissee and Stacy • **Beverly Nayqounabe**, on October 13 from your two brats and Sister Bonita • **Andrea Nayquonabe** from Mom, Lacey, and Auntie Bon • **Maddison** from Bev, Andrea and Lacey • **AJ Nickaboine**, from your we-eh Lacey, Michelle, Chico, Helena, Rosey, Annette, and Jay • **Rosey BigBear**, 16, on October 31 with love from Mom, Big Chico (Dad), Annette, Jay, Helena, Rey, Joe, Kyla, and Seth • **Mom**, 41, on October 18 with love from your kids and stepkids • **Georgia Nickaboine**, on October 9 from Michelle, Chico, and your grandchildren • **Cyliss**, 7, on October 8 with love from Mom, Dad, Reuben, Cedric, Cedar and Caiarah • **Naawe**, 2, on October 7 with love from Vannie, George, Reuben, Cedric, Cedar, Caiarah and Cyliss • **Amelia**, 9, on October 13 with love from Vannie, George, Reuben, Cedric, Cedar, Caiarah and Cyliss • **ValaReya**, on October 25 with love from Vannie, George, Reuben, Cedric, Cedar, Caiarah and Cyliss • **Deonna Day**, 13, on October 16 from Mom, Kakes, Bella and Antonio • **Bella Sam**, 1, on October 13 from Mom, Kakes, Deonna and Antonio • **Howard Johnson**, on October 13 • **Jayden MacLean**, 2, with love from Heather, Daniel, Thomas and Tyler Virnig • **Quincey Sam**, 8, on October 27 with love from Mama, Tre'veon, Victoria, Maria, Sylvia, and family, Grandma Angie and family, Jeff and family, Brad and family, Berney and family, and Pat and family • **Thomas Villebrun**, on October 7 with love from Sylvia, Jake, Amber, Victoria, Maria, Lance and family, Willie and family, and Lesley and family • **Mom**, on October 1 with love from Rachel, Adrian, Marcus, Boo, Kate, Andrel, RaySean, Marcus Jr., Cici, Jasper, Leaunna, Marcello, Adrian Jr, and Adrianna • **We-eh**,

on October 17 from Rachel, Waylon and Boo • **Eric**, on October 25 from Auntie Rae, Uncle Waylon, Boo, Papa, Daddy, Mommy, Brae, Binny, Wesley, Payton, Bruce, Jayla, Lilly, Randi, Val, Kev, Mariah, Jay, Kate, Adam, and Taylor • **Grandma Ruth**, on October 28 from Raeanne, Adrian, Rachel, Waylon, Kate, Andrel, Boo and Antonio • **Auntie Em**, on October 28 from Brad Sr., Brad Jr., Kristi, Eric, Brae, Binny, Wesley, Payton, Bruce, Jayla, Lilly, Randi, Val, Kev, Mariah, Jay, Kate, Adam, Taylor, Rachel, Waylon and Boo • **Brown Baby**, on October 31 from Auntie Rae, Uncle Waylon, Boo, Brad Sr., Brad Jr., Kristi, Eric, Brae, Binny, Wesley, Payton, Bruce, Jayla, Lilly, Randi, Val, Kev, Mariah, Jay, Kate, Adam, and Taylor • **Edward Sablan**, on October 18 with love from Rachel, Taya, Noah, Tracy, Kelly, Jay, Kellen and Lupe • **Deanna Moose**, on October 16 with love from Kelly, Jay, Kellen, Tracy, Rachel, June, Taya and Noah.

Happy October birthday to Mille Lacs Band Elders!

Diana Anderson
Mary Bedausky
Sheldon Boyd
Vivian Bruce
Marvin Bruneau
Archie Cash
Albert Churchill Jr.
Steven Churchill
Ervin Crown
James Dowell Jr.
Joycelyn Drumbeater
Jack Dunkley
Bryon Garbow
Gary Garbow
John Garbow
Helena Graikowski
Lucy Hansen
Marene Hedstrom
Delores Hegland
Steven Hensley
William Hemming
Charles Houle Jr.
Doreen Knutson
Joan Littlewolf
Marcella Maurice
Betty Mondeng
Brenda Moose
Aurelius Nickaboine
Bernice Pewauash
Charlie Roach
Dorothy Sam
Fred Sam Jr.
James Schroeder
Merle Skinaway
Beverly Smith
Charlene Smith
Nancy Spittell
Gloria St. John
Montgomery Staples
Jay Star
Darlene Warren
Earl Whitney
Nancy Zeleznik

Birth announcement

Congratulations to Judy Ballinger and Josh Maudrie on the birth of their baby girl **Delyla Mae Maudrie**. She was born on August 16. With love from Heather, Lance, Daniel, Thomas and Tyler Virnig.

In memory

In memory of **Shawn Jackson**. We love you and miss you very much. There's not a day that goes by we don't think of you. With love from your family in Minneapolis.

• • •

In loving memory of my beautiful mother, **Genevieve Louise Goodwin Dorr**. It has been 10 long years since you had to leave us so unexpectedly. We all still miss you so very much mom. You are still our strength and inspiration. Thank you for all the words of wisdom and teachings you gave us. Where does time go? There are still so many things I want to say to you that were left unsaid. I am just grateful I was able to tell you that I love you! When you left, it was very hard on us all. I still think of you and miss you daily. I know you are watching down on us, and I hope you are proud of what you see. You are still my inspiration, Genevieve. You may be gone, but you will never be forgotten by any of us. You will forever live on in our hearts!

With love from all your children, Jim C. Dorr, Sr., Janice Dorr, George Dorr, Wanda Navarro, Glenda Landon, Faith Dorr, Randy Dorr, and Ronald Dorr.

Obituaries

Baby Girl Bush

Born – 7-11-2012
Died – 7-11-2012

Lived in Coon Rapids, MN

William Walter Mitchell

Born – 5-25-1933
Died – 7-14-2012

Lived in Onamia, MN

Dion Williard Eagle

Born – 5-3-1967
Died – 8-14-2012

Lived in Onamia, MN

Dineen Lynn White

Born – 4-6-1965
Died – 8-20-2012

Lived in Duluth, MN

Rose Noonday

Born – 11-4-1920
Died – 8-22-2012

Lived in Isle, MN

Dominique Delores Boyd

Born – 12-27-1984
Died – 9-7-2012

Lived in Edina, MN

District I Cooking Contest Winners

The winners of the District I Cooking Contest are:

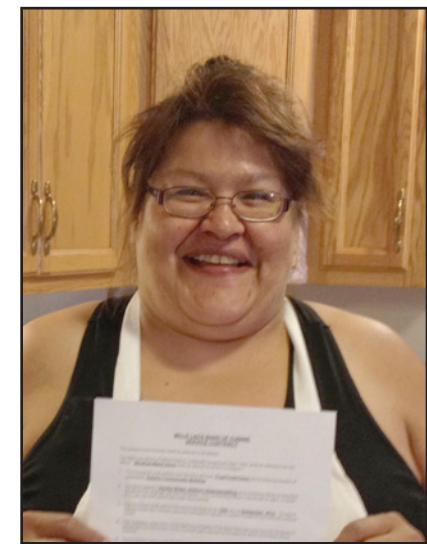
- Dawn Day
- Winnie Davis
- Rose Wind

They won a cooking contract for the 2012-2013 community meetings.

Runner up winners are:

- Chris Kegg - \$300.00
- Pat Jackson - \$200.00
- Kelvin Shingobe - \$100.00

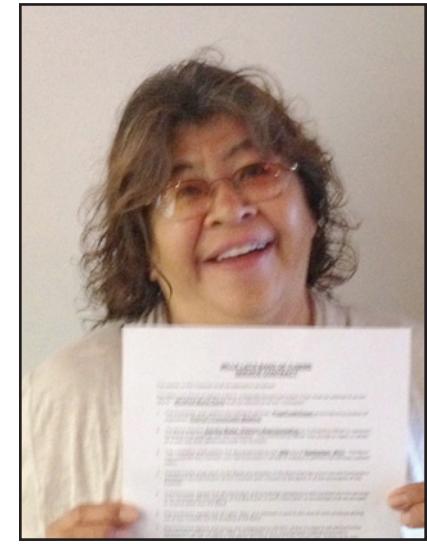
Thank you to all the contestants!



Dawn Day



Winnie Davis



Rose Wind

Photos courtesy of Billie Jo Sarcia

Ojibwe Culture and Traditions

46th Annual Traditional Powwow a Success

By Carla Big Bear, co-chair of powwow committee

It was another successful year for the Mille Lacs Band Annual Traditional Powwow, which was held on August 17-19. Nearly 3,000 guests attended the powwow each day, including 33 craft and food vendors, 12 drums, more than 1,000 dancers, and 300 Band employees who staffed the powwow throughout the weekend.

Powwow royalty and winners

Congratulations to the 2012-2013 Mille Lacs Band royalty and all of the winners from this year.

2012-2013 Mille Lacs Band Royalty

- Darius Barnes: Sr. Brave
- Derrick Weyaus: Jr. Brave
- Noel Kegg: Sr. Princess
- Bella Brown: Jr. Princess

Parade contest

- 1st place: Royalty for Desree Gordon
- 2nd place: Ladies Auxiliary
- 3rd place: Boy Scouts of Ham Lake

Rez car contest

- 1st place: Bob White, Mille Lacs
- 2nd place: Raenelle Weyaus, Mille Lacs
- 3rd place: Donna Gilmore, Mille Lacs

Department float

- Mille Lacs Band Department of Administration

Moccasin game

- 1st place: Ernie Boyd Team
- 2nd place: Jerritte Caldwell Team
- 3rd place: Charlie Grolla Team
- 4th place: Herb Weyaus Team

Adult horseshoe tournament

- 1st place: Phillip Harrington/ Rob Johnson
- 2nd place: Roy Garbow/ Ryan Smith
- 3rd place: Randy Sam/ Tyler Wind
- Most ringers: Roy Garbow

Raffle winners

- Four-wheeler: Kent Villebrun, Orr
- 52 weeks of bingo: Tristan Davis, Mille Lacs
- Patio/grill set: Darlene Day, Mille Lacs

Thanks to volunteers and contributors

The powwow committee would like to thank everyone for their support this year. It is a big responsibility to plan and coordinate this event every year; we could not accomplish planning such a major community event without the combined efforts of Band departments and employees. We also wish to extend our appreciation to our neighbors who donated time and gifts and made the 46th Annual Mille Lacs Band Ojibwe Traditional Powwow such a success!

Fall 2012 Ceremonial Dance Dates

Merlin & Mick	Mille Lacs	October 5-6
Ralph & Andy	Mille Lacs	October 12-13
Lynda & Joyce	Mille Lacs	October 19-20
Dave & Skip	Aazhoomog	October 26-27
Lee & Larry	Aazhoomog	November 2-3
Elmer & AJ	Mille Lacs	November 9-10
Niib & Mushkoub	East Lake	November 16-17
Dale & Vince	East Lake	November 23-24
Melvin & Perry	Mille Lacs	December 7-8

Community Members Learn to Make Regalia



Photo courtesy of Todd Moilanen

Community members learned how to make three types of regalia at a workshop sponsored by the department of labor and the Boys & Girls Club. Pictured are Michael Kafka, Chris Nayquonabe, Justin Beaulieu, Edward Sablan, Darcie Big Bear, Carlos Merrill, Cheryl Garbo, Deb Campbell, Tanya Eld, and Adrienne Benjamin. Kim Adelman, June Evans, and Laura Shingobe-Gahbow also participated.

By Todd Moilanen, department of labor workforce coordinator

Mille Lacs Band department of labor and the Boys & Girls Club co-sponsored a three-day regalia workshop at the Nay Ah Shing Community Center on August 27-29.

Nicole Ray and her family facilitated the workshop and taught 12 Mille Lacs Band community members from all districts the art of making jingle dress, grass dance, and fancy shawl regalia.

The goal of workshop is to share the skill and art of making regalia to Band members and the Boys & Girls Club members throughout the communities.

"Regalia and traditional dancing are incredibly important

parts of our culture and our communities," said Cheryl Garbo, Mille Lacs Band Elder. "If we don't teach the art of making regalia to future generations, we will lose it."

Regalia workshops will be held in all districts and are open to people age 12 and older. The workshops will be free to eligible individuals, including TANF participants, Elders, disabled people, participants in 477, and veterans.

Class size is limited to eight people on a first-come, first-served basis, so sign up quickly. To register, contact the department of labor at 320-532-7407 or 800-922-4457.

DNR Looking for Band Member to Brain Tan Deer Hides

By Mille Lacs Band Department of Natural Resources

The Mille Lacs Band Department of Natural Resources (DNR) is looking for a Band member who can brain tan deer hides the traditional way.

The Band's Ojibwe ancestors used animal brains as a natural emulsifier to soften and preserve hides. Brain tanning is an at-home tanning method

that transforms deer hides into buckskin, the distinctively soft, flexible and breathable tanned hide which can be used to make moccasins for funerals and other ceremonies.

Band members who practice the traditional art of brain tanning and would like to help with the project should contact John Benjamin or Rachel Shaugobay from the DNR office at 320-532-7439.

Calendar of Events

October 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
						<p>Kids Crafts Mille Lacs Indian Museum 11 a.m.-3 p.m.</p>
7	<p>AMVETS Meeting GCML, 6 p.m. Contact: Allen Weyaus 320-630-2988</p> <p>All government offices closed for American Indian Day</p>	8	9	<p>District I Community Meeting District I Community Center 5:30 p.m. Contact: Billie Jo Sarcia 320-532-7423</p>	10	11
14	15	<p>District II Leadership Academy School Board Meeting 4 p.m. Contact: Raina Killspotted 218-768-2345</p>	16	<p>District III Community Meeting Grand Casino Hinckley 5:30 p.m. Contact: Christine Costello 320-384-6240</p>	17	18
21	22	23	<p>District IIA Community Meeting Chiminising Community Center 5:30 p.m. Contact: Lesley Sam 320-676-1102</p>	24	<p>District II Community Meeting East Lake Community Center, 5 p.m. Contact: Jenny Waugh 218-768-3311</p> <p>Urban Area Community Meeting All Nations Indian Church, 5:30 p.m. Contact: Barb Benjamin-Robertson 612-872-1424</p>	25
28	29	30	31	Nov. 1	2	3
4	5	6			<p>American Storm* Grand Casino Mille Lacs 8 p.m. each night</p> <p>Kids Crafts Mille Lacs Indian Museum 11 a.m.-3 p.m.</p>	<p>*To Purchase Tickets</p> <p>Visit a Grand Casino box office, call TicketMaster at 800-745-3000, or visit www.ticketmaster.com</p>

Department of Labor Updates

By Paul Janowiec, director of training and development

Basic Word and Excel courses

Due to the high level of interest in the Microsoft Word and Excel training courses, the department of labor will have two more trainings in each program in October and November. The next series will be held Thursday, October 11, and Thursday, October 18, from 10 a.m.-3 p.m. with an hour lunch break at the Mille Lacs Band Government Center.

The second series will be held Wednesday, November 7, and Wednesday, November 14, from 10 a.m.-3 p.m. with an hour lunch break at the Aazhoomog Community Center.

The trainings are designed to help participants learn the basics of word processing and spreadsheet-based computer programs necessary to function on "day one" in an office or school environment. The prerequisite for Microsoft Excel

training is Microsoft Word training.

Class size is limited; register in advance by contacting Paul Janowiec at 320-532-4706 or paul.janowiec@millelacsband.com.

Driver's License Training

The department of labor is offering free driver's education classes over the next few months. Adults age 18 and older are eligible for the two-day, nine-hour course, which will cover the information needed to pass the written driver's test. The courses will be offered Tuesdays and Thursdays, from 10 a.m.-3 p.m. with a 30-minute lunch break on the following days.

- October 9 and 11: District II East Lake Modular
- November 27 and 29: District III Aazhoomog Community Center
- January 15 and 17: District I Government Center
- February 5 and 7: District II East Lake Modular

- March 26 and 28: District III Aazhoomog Community Center
- April 16 and 18: District I Government Center
- May 14 and 16: District IIA Chiminising Community Center

To register, contact Paul Janowiec at 320-532-4706 or paul.janowiec@millelacsband.com.

Department of Labor classroom hours

The department of labor is offering extended classroom hours in each district for Band members who would like assistance with resumes, cover letters, online job searches, computer skills, TABE (Test of Adult Basic Education) testing, and GED exam preparation. The following are the weekly classroom hours in each district:

District I Department of Labor Classroom

- Mondays, Thursdays and Fridays from 9 a.m.-4:30 p.m.

- Tuesdays from 1-4:30 p.m.
- Wednesdays from 9 a.m.-8 p.m.

District II East Lake modular

- Mondays and Thursdays from 9 a.m.-4:30 p.m.

District IIA Chiminising Community Center

- Tuesdays from 1:30-4:30 p.m.

District III Aazhoomog Community Center

- Wednesdays and Thursdays from 10 a.m.-3 p.m.

For more information, contact the representative in your district.

- District I: Deb Campbell or Adrian Wade at 320-532-7811
- Districts II and IIA: Jen Shereck at 218-768-2428 or 320-676-1102
- District III: Jen Shereck or Deb Campbell at 320-384-6240

New Appointed Officials Sworn-In



Photo courtesy of Carla Big Bear

Commissioner of Administration Peter Nayquonabe and Commissioner of Health and Human Services Samuel Moose were sworn into office on September 17. Pictured are Mille Lacs Band Chief Justice Rayna Churchill, Peter, Secretary/Treasurer Curt Kalk, and Samuel.

This month the Mille Lacs Band appointed Peter Nayquonabe as its Commissioner of Administration, Samuel Moose as its Commissioner of Health and Human Services, and Joseph Nayquonabe Jr. as its Commissioner of Corporate Affairs.

Peter Nayquonabe

Peter was appointed the Band's new Commissioner of Administration. In this role, he oversees the day-to-day operations of the tribal government, including administering grants and contracts and overseeing personnel issues and lobbying activities as directed by the Chief Executive.

Prior to being appointed commissioner, Peter held several positions within the Band government, including Assistant Commissioner of Administration and most recently deputy assistant to Chief Executive Melanie Benjamin. He holds a bachelor's degree in finance from St. Cloud State University and is pursuing a master's degree in tribal administration and governance from the University of Minnesota Duluth.

Samuel Moose

As Commissioner of Health and Human Services, Samuel oversees the Band's three clinic locations and other services in the areas of public health, behavioral health, family services, and community support



Photo courtesy of Carla Big Bear

Joseph Nayquonabe Jr. (center) was sworn in as Commissioner of Corporate Affairs on September 19. Also pictured are Secretary/Treasurer Curt Kalk (left) and Chief Executive Melanie Benjamin (right).

services. He previously held this position from 2001-2009.

Most recently, Samuel served as the Commissioner of Community Development from 2010-2012 and was in charge of the Band's public works and facilities departments and housing development initiatives. He has a bachelor of applied science degree in community health with a minor in Indian studies from the University of Minnesota Duluth and is pursuing a master's degree in tribal administration and governance from the University of Minnesota Duluth.

Joseph Nayquonabe Jr.

As Commissioner of Corporate Affairs, Joseph serves as the

chief executive officer and chair of the board of directors for the Mille Lacs Band's Corporate Commission, which analyzes new business opportunities and oversees the Band's existing businesses.

Previously Joseph oversaw Grand Casinos' entire marketing efforts as Corporate Vice President of Marketing. Joe has a bachelor's degree in marketing from St. Cloud State University and a master's degree in business administration from the University of Minnesota's Carlson School of Management. He is currently working on his master's degree in tribal administration and governance from the University of Minnesota Duluth.

OJIBWE INAAJIMOWIN

November/December 2012

"The story as it's told"

Volume 14 • Number 11

'We Have the Power to Make a Difference'



Band members rally to spread awareness on the Voter ID Amendment.



Bonnie Matrious and her daughter Jurney Matrious. This was Jurney's first election because she just turned 18!



(L-R) Nadine Wade, Carolyn Shaw, Angela Matrious, Jamie Edwards, Sally Fineday, Katie Draper. In front: Quentin and Marcel. Angela won the grand prize TV at the rally.

Toya Stewart Downey, Staff Writer

Hundreds of Band and community members attended the "Voter ID Rally" held days before Election Day. The Nov. 2 event was organized by the Band's



(L-R) Shawn Kingbird, Darcie Big Bear, Jenelle Kingbird.

Department of Government Affairs as a way to encourage participants to make their voices heard by exercising their right to vote.

"The main focus was how the Voter ID amendment could greatly affect Indian County if it were to pass on the State General Election Ballot," said Katie Draper, Local Coordinator for Government Affairs. "If that happened, it could have potentially eliminated

American Indians right to vote using their tribal ID cards."

While the festive event was filled with activities for people of all ages and included a Karaoke contest, the messages included throughout the day were quite serious as evidenced in a slideshow presentation that played during the rally.

During the slideshow presentation, elected officials and



One of our guest speakers, Salvador Miranda from Organizing Apprenticeship Project through Voices for Voting Rights. A multiracial, multicultural group of organizations focused on building community power, voice, and access at the polling booth and beyond. Strong advocates for VOTE NO.

Band Members gave powerful testimonies for why they vote.

Some of the comments included in the slideshow
...Story continued on page 2



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included Chief Executive Melanie Benjamin saying, "I vote because I want my voice to be heard and it is my responsibility to vote."

It also included District II Representative Marvin Bruneau saying, "It is my duty, right and privilege that others fought and give their lives for. I vote to honor them."

Katie said the crowd was engaged and was many other attendees were eager to share their reasons for voting while they were at the rally.

"We also did some chanting, 'Vote No, Vote Gaawiin!' Gaawiin means no in Ojibwe," Katie added.

During the rally, attendees were reminded the Mille Lacs Band of Ojibwe has over 3,000 members who are over the age of 18, and if everyone voted what a tremendous impact they would make on the Native vote.

It is worth noting, Katie said, that Minnesota was recognized by the National Congress of American Indians (NCAI) for the strong turnout of American Indian voters on Election Day.

"They recognized Minnesota nationally for its efforts to defeat amendment question two, the voter ID question, on the ballot."

In an email the NCAI wrote, "The Native Vote campaign focused national attention on the issue of voter ID with the release of a report identifying six states of concern."

The constitutional amendment to require photo ID in Minnesota was one race where Native voters had a chance to make their voice heard. The final results showed that high Native population precincts voted "no" by almost 10 points above the state average. One of the state's largest Native districts voted "no" at the stunning rate of 86 percent. This was a big victory for the freedom of Native people to vote in Minnesota."

Voter ID has become a hot topic around the country and it seemed as though the issue gained steam in Minnesota in recent weeks. However, closer to the election, it began to lose ground. By the time the election was over, only 46 percent of voters wanted to change the amendment. Since 2001, nearly 1,000 voter ID bills have been introduced in 46 states, according to the National Conference of State Legislatures. Thirty-three of those states passed voter ID laws.

"It's important that the Band, and our Native people, pay attention to what's happening nationally, and what's happening locally," Katie said. "We have the power to make a difference as evidenced in this election cycle. Our vote matters."

New Team Working On Paper

Letter from the publisher to MLB members and community members

Dear Readers:

Take a look at this paper and you'll see that it's very different from what you've seen in recent years. First, it was published later in the month than you've become accustomed to and it is a combined issue for the months of November and December.

Beginning in January, we'll be back to a monthly production schedule and will send the paper out around the beginning of the month. As the newspaper evolves you may notice other changes such as more color, more photos and new design elements.

You will also notice a different kind of writing, and different

news stories than you've become accustomed to. We will still include department updates, but we might format them differently. We're still in the decision-making process and soon enough we will unveil the new components of your newspaper.

You will see new features such as a "Message From the Chief Executive", a monthly column that will provide news and updates from Chief Executive Melanie Benjamin. You will see more news from the Administrative Policy Board and the Band Assembly and other departments. We want to be informative, transparent and give you the news you need to know.

Our hope is to highlight local and national news that may be important to our people. We want to share stories that are relevant, timely and honor our cultures and traditions. We welcome feedback, good and bad (please be kind though), as we

undergo this new journey together. We will rely on direction from our elected officials and Band leadership and will hope to hear from you with ideas and suggestions.

Red Circle Agency, owned by Band Member Chad Germann, is leading the way in this new endeavor. The staff at Red Circle will play a key role in the paper production along with Band Member Toya Stewart Downey and Deborah Locke, who is an enrolled Band Member of Turtle Mountain Band of Chippewa.

Over the coming months you'll hear from us, see our faces and together we'll produce a product that we hope will make you proud.

On page three you will see contact information for the new team and we encourage you to reach out to us on a regular basis.

Migwetch.



Hard at work on the new project.

Chad Germann, Publisher



I'm an enrolled member of the Mille Lacs Band of Ojibwe/ District III Aazhomooq.

I'm also the founder and owner of Red Circle Agency, a specialty marketing agency providing creative, media and marketing technology solutions to Native American tribes and their various businesses, with a special focus on casinos.

I started the agency as a way to provide my own tribe with a better, more efficient, more effective solution. But we've expanded our vision to include any and all Native Tribal Nations that might need our help.

Red Circle has worked with more than 60 Indian casinos, providing a variety of creative

and media and, more recently, marketing technology services, and is currently active with 22 Indian casino clients.

Indian gaming is the economic engine for many tribes, and those casino dollars do a lot of good for the communities. Gaming revenues provide services that would otherwise not be available. And allow for wonderful things like cultural and language preservation programs. We know that gaming won't last forever. The white man will some day take it from us. Our goal at Red Circle is help our tribal clients maximize their earnings during this limited time when we can make good money from gaming.

My career started with summer internships during my undergraduate college years. Each summer I'd work with a different division of our casino marketing department. Those internships were tremendous learning opportunities. I was

very lucky. That learning opportunity set me on the path to where I am today. I am thankful to those who helped me then. After attending graduate school in Florida, I returned to take a job in marketing at Grand Casino Hinckley as the Advertising Manager. I learned so much in the position. I wouldn't be where I am today had I not put in the time at Hinckley. During my time at Grand Casino, I served as editor of the internal casino newsletter and also contributed regularly to the Inaaajimowin, writing about casino events and business activities.

After three years as advertising manager, and with the help of the casino management and tribal leadership, I left the casino to start Red Circle. The last 11 years have been amazing.

It's been such a great honor to work with so many different Indian Nations, helping them ...Story continued on page 3

build their resources up so they could do more in their communities. I feel so very good about the work I do. Because it's really important. And now that my role with my own tribe will involve this newspaper and other communication tools... Well, that's a dream come true for me.

More than anything, I hope the work I do for Mille Lacs helps my people access more information that is relevant to them. I truly believe that news and information provided by Native people, written for Native people, about Native people will be a better answer for our People. And I am both excited to be a part of this new direction and thankful our elected officials are taking us down this new path.

Red Circle is 100 percent Native American-owned business with offices in the warehouse district of downtown Minneapolis, MN.

Internship opportunities with Red Circle are available for Mille Lacs Band members studying Mass Communications and living in the Twin Cities metro area.

Deborah Locke, Editor



If you ever watched "Lone Ranger" reruns on television, you know that American Indians are cast as grammar-challenged and mostly silent. Their role is supportive to the masked white guy.

What I know about Indians is this.

We talk a lot. Not with a choppy odd sentence structure lacking correct pronoun use. Not with grunts, pained grimaces and a Brooklyn accent, as seen on one "Lone Ranger" segment.

Instead, our oral storytelling tradition goes back thousands of years when during the long winter months, Ojibwe families gathered in the wigwam around the designated storyteller for tales of survival, warfare, history, and more. Between those well-spoken sentences, laughter undoubtedly rang out often. We laugh a lot, too.

Writing for a newsletter is a different way of gathering around a winter fire but it serves some of the same purposes. It passes along information. It can entertain. It captures and stops time so you can go back and reread something of interest. It paints images that can linger in the mind.

Now you may think that's a pretty high falutin' expectation

from a small reservation newsletter out of rural central Minnesota. We're no New York Times.

When I edited the newspaper at the Fond du Lac Band, however, I realized something right away. To those readers, our little newspaper was their version of the New York Times.

It's a pleasure to start writing for the Mille Lacs audience. I am an enrolled Ojibwe with family at the Turtle Mountain Band of Chippewa in North Dakota, and with family at the Fond du Lac Lake Superior Band near Cloquet, Minn. For 18 years before my current job with the Minnesota Historical Society, I wrote for newspapers including the Milwaukee Journal and St. Paul Pioneer Press.

The writing jobs resembled work as a facilitator in a giant classroom. Reporters and editors figured out what may be important to readers. We knew that people are most interested in events and information that touch their lives immediately. Examples are road closures, weather, movie and entertainment reviews, local politics, sports, food, health, natural resources and more.

For a few weeks now, Jamie Edwards, Government Affairs Director for the Mille Lacs Band, as well as Toya Stewart Downey and Chad Germann and me have met to plan the first editions of your newsletter. All of my colleagues are Mille Lacs Band Members.

My ties to Mille Lacs go back quite a few years. In the late 1970s I worked with Martin Kegg and Don Wedell on a curriculum project through the Minnesota Chippewa Tribe. As a member of the Pioneer Press Editorial Board, I frequently wrote about American Indian issues in Minnesota and met with Marge Anderson and then Melanie Benjamin. I remember well the day that the Ojibwe bands won a Supreme Court lawsuit that reinforced their centuries-old hunting and fishing traditions. I remember Baptiste Sam, a beloved Mille Lacs elder who explained her bead work one winter day at the Mille Lacs Museum. I wrote about Baptiste then and later after she passed away. I will never forget her.

A resume? You want a resume? Let's just say I finished college. And even graduate school. Grammar challenged? Not really. I love to report and write and tell people things they didn't know.

It will be a pleasure to get to know you.

Toya Stewart Downey, Editor



If this were a movie, the fact that my parents had their wedding reception at the

Minneapolis Star Tribune back in the 1960's when such events could happen at local newspapers it would seem like the film's writer foreshadowed what would happen later in my life.

Before making you all wonder what the punch line is, I'll tell you before getting back to my story. I ended up being a newspaper reporter for 15 years at major daily newspapers across the country. So, in some ways it almost seems like fate decided long before I did that I would end up choosing a career in journalism.

This sounds like a cliché but writing has always been a big part of my life as evidenced by the childhood diaries I used to keep and the long letters I wrote to friends and family before we had email addresses and sent text messages via cell phones.

Long before I ended up becoming a journalist I spent hours reading the newspapers and wondering why there weren't stories in there about people like me, or the people I knew. By high school I had determined that I wanted to become a writer so that I could tell the kinds of stories that were missing in the papers I read. One hurdle was that I wasn't sure how to do it. I did know that college would help me reach my goals, so that's what I did – went to college to major in journalism.

I was proud to become the first college graduate in my family. I knew that if my mother, Mille Lacs Band member, Sheila Sutton Stewart (daughter of George and Marion Sutton) were alive she would have been over the moon by my accomplishments, as well as that of my sisters, Tawnya and Dawne Stewart who are also college graduates.

There's another thing that makes me proud and it's that through this forum I will be able to serve my community and my relatives. I first started writing for the Band newsletter in 2008 while I was in graduate school (more college) and continued to write stories and take photos for the publication.

I was able to meet or get reacquainted with my relatives during those three years working for the Band, as well as learn more about our culture. It's been just about a year since the last

time I wrote for the Band and I'm thrilled to be back telling our stories, serving you and our community.

Contact the team

We hope to hear from you with ideas and suggestions.

Meanwhile, we will continue to develop ideas of our own. Co-editors Toya Stewart Downey and Deborah Locke have a combined 33 years of experience in U.S. newsrooms including work for major metropolitan newspapers and for tribal newspapers here at Mille Lacs and at the Fond du Lac Band. The niche paper they envision will contain the traditionally reported stories that answer these age-old journalism questions: who, what, where, when and how.

The context for those questions, however, will be the rich history and culture of the Mille Lacs Band. The staff will develop a mission statement that will appear in every issue as a promise to you the reader that excellence and innovation are our goals. We want you to be eager to receive this newspaper each month and enlightened and surprised by the content. We want you to be so happy with this newspaper that you pass it around to non-subscribers for their enjoyment.

Contact info. for the staff:

Publisher, Chad Germann
chad@redcircleagency.com
612-372-4612

Editor, Deborah Locke
deborah.locke@redcircleagency.com
651-259-3107

Editor, Toya Stewart Downey
toya@redcircleagency.com
612-250-8727

Please send all Tribal Noteboard/Birthday information to:
Andy McPartland
andy@redcircleagency.com
612-372-4612

13th Annual Fall Feast

Sarah C. Barten, Staff Writer

For the past 13 years, thousands of Mille Lacs Band members have gathered for the Corporate

Commission's Fall Feast. It has become a Holiday tradition for the community.

"This event is a way for the Associates of the Corporate

Commission to extend their gratitude to the elected officials as well as Band members for their continued support of the Band's business," said Joseph Nayquonabe,

Jr., Commissioner of Corporate Affairs.

This year, the Corporate Commission served more than 1,100 meals to Band families.

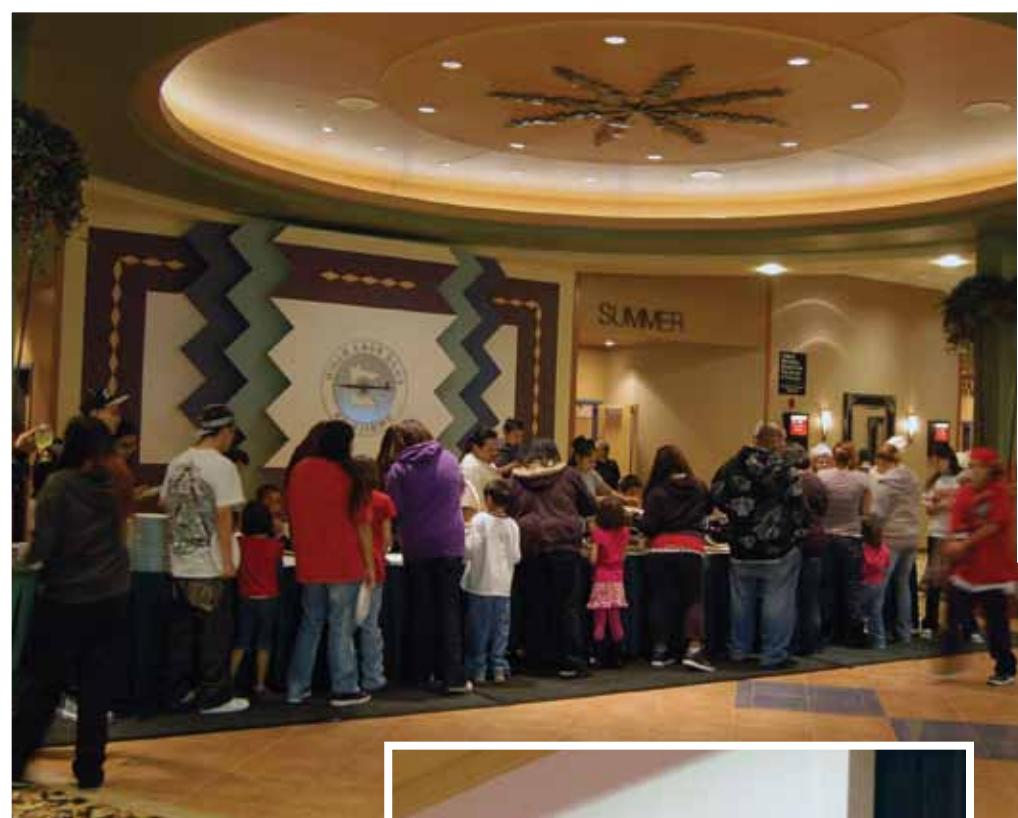


Photo courtesy of Andy McFarland

First Nelson Act Payments to Mail on December 14th



Senator Amy Klobuchar



Senator Al Franken

A remedy of sorts for 1800's malfeasance

Deborah Locke, Staff Writer

Following decades of wrangling and bureaucratic red tape, Ojibwe Band Members in Minnesota will be receiving payments as a result of illegal land deals that occurred 123 years ago. Band members at Mille Lacs, Fond du Lac, White Earth, Leech Lake, Bois Forte and Grand Portage will receive \$300 each from a \$20 million settlement that's been sitting in a federal trust account since 1999. The checks will be distributed to Mille Lacs Band Members on Dec. 14, 2012.

The Nelson Act is named after Minnesota Congressman Knute Nelson who introduced legislation in 1889 that removed many of the state's Ojibwe to the

White Earth Reservation. The act also forced Ojibwe families to live on 80-acre land allotments, become farmers and abandon

“There were many details to work out, with many parties involved, but we are pleased that these first checks will be in the mail on December 14th.”

hunting and gathering traditions.

The goal of the federal government was assimilation and consolidation of American Indians during a period of racial tension following the U.S.-Dakota War of 1862. The “surplus” land not assigned to Indian farmers was to be available for sale to non-Indians

Ojibwe reservation lands had been stolen from the allottees or their heirs through tax forfeit, minor sales or administrative sales. Timber was cleared and much land passed in a short time to non-Indian ownership.

In the late 1990s, the Minnesota Chippewa Tribe successfully sued the federal

Change in Per Capita Distribution

Toya Stewart Downey, Staff Writer

Beginning in January Band members can begin picking up their per capita checks every month at each of the Districts community centers rather than the Government Center in Mille Lacs.

The change was made to make it more convenient for Band members, said Michele Palomaki, Assistant Commissioner of Administration.

All changes must be cleared with the per capita office one week prior to the distribution date. Per capita checks that are not picked up will be mailed out on Friday following the distribution dates.

If Band members would like their per capita checks to be sent to their home districts they should call Band employees Danni Jo Harkness at 320-532-7592, Jana Sam at 320-532-7466 or Kathy Heyer at 320-532-7472.

Feds Get Involved in LCO Arson Investigation

Deborah Locke, Staff Writer

Starting in July 2012, a rash of fires destroyed or damaged spiritual and ceremonial sites at the Lac Courte Oreilles Band of Lake Superior Chippewa located in northern Wisconsin. Tribal officials have sought help with the investigation from the Federal Bureau of Investigation and the U.S.

Some Prairie Island Indian Community members live only a few blocks from the Xcel Energy twin reactors in Goodhue County. For years, the Dakota have expressed unease about the waste stored in 29 casks behind an earthen berm next to the plant. The fuel bundles once provided enough energy for 750,000 homes in the region. Now the bundles are no longer useable but are still radioactive.

The fires destroyed or damaged two sweat lodges, a historic drum lodge and a ceremonial circle at the Honor the Earth Pow Wow grounds.

A news release from the LCO Police Department reported that law enforcement officials believed the fires were criminal in nature.

Prairie Island Residents Still Want Answers on Fate of Nuclear Waste Storage

Deborah Locke, Staff Writer

The general counsel for Prairie Island said that the NRC is ignoring the federal government's failure to find a permanent location for the waste. The story was reported on Minnesota Public Radio.



NCAI Conference

Katie Draper, Mille Lacs Band of Ojibwe Government Affairs Coordinator - Local

I am grateful to all attendees for expressing their genuine concerns and ambitions for the Band throughout the event. The participation in NCAI is crucial in ensuring the Mille Lacs Band's voice is heard throughout Indian Country,” said Peter Nayquonabe, Commissioner of Administration. “This is our best opportunity to meet with other tribal leaders, exchange information about successes and challenges, and discuss the issues that will shape our future. The knowledge gained at this event will directly benefit the entire Band.”

We asked the conference attendees from the Mille Lacs Band of Ojibwe to share their highlights:

Mille Lacs Band Contingent Attends NCAI Conference

From October 21 – 26, a small group of Band Officials and Staff Members attended the 69th Annual National Congress of American Indians Conference (NCAI).

Joe Nayquonabe
Corporate Commissioner



“I was excited to attend the NCAI conference this year, and it didn't disappoint.

The top highlights for me were the business meetings I attended, different educational breakout sessions and the General Assembly updates. All of which provided insight on how to take on some of Indian Country's greatest challenges, some of which we face in our own Tribe, like economic development, encouraging the Native Vote and finding government contracting opportunities.

I was able to attend a session put on by Kevin Allis from the Native American Contract Association and chairman of the board for the Potawatomi Business Development Council to discuss government contracting opportunities. There are plenty of programs that exist at the federal, state and local levels intended to increase the participation of minority owned businesses - and The Mille Lacs Band wants to be considered for these programs. This is an important insight as we move forward with our new economic development plan for the Corporate Commission. Other educational topics that were covered in the breakout sessions

were also timely. The educational topics focused on Internet gambling, TERO, financing options, an overall update on the market and employment network creation - all relevant subjects to our businesses today.

The information they shared in General Assembly about the different campaigns they are focused on was encouraging. Get out the Native Vote is critical to bring together the collective interest and energy of tribes to build stronger communities.

Lastly, the representatives that spoke to tribal leadership on behalf of President Obama and Mitt Romney was a highlight.”

Katie Draper
Mille Lacs Band of Ojibwe Govt. Affairs Coordinator - Local



The National Congress of American Indians is an extraordinary experience for myself as a band member employee. The exposure to other tribal communities and some of their traditions all across America is almost unbelievable. So far away from home, but being in the company of leaders at all levels in attendance brings a feeling of comfort. There are so many different seminars and meetings to attend; it is nice to know that others attending can bring back different points to our communities.

I attended the Land and Natural Resources Committee meetings; although a lot of their information was mainly pertinent to the West Coast Natives, I found that the US Fish and Wildlife Service showed extreme interest in partnering with Native communities in all areas of the nation. They would like to have assistance from Tribal Communities to revise and update their government to government relations. There has been millions of dollars that have been appropriated to achieve these efforts.

While attending this meeting, I immediately thought of the Rice Lake National Wildlife Refuge that is near our DII community, and feel this maybe an opportunity to partner our conservation efforts with a refuge in our state, and possibly create jobs for some of our community members in the East Lake area.

We are in an extraordinary time of technology, and I found the “Trading Laptops for Arrows”, a partnership between an indigenous tribe in South America and Google Earth is an awesome representation of a relationship between two worlds. I see an opportunity for

us to teach our youth about the woods in an exciting manner. We can engage them by being a part of cultural mapping, and use it in our schools to teach others about our land. I found this piece to be unique because we could make this information for us exclusively or share it with others. Yes, we as Anishinaabe want to teach our youth about our surroundings in our traditional ways, but it also could be an excited opportunity to partner with an outside entity, and in turn help teach our youth in an interactive technological way.

The Presidential Campaigns for both parties interested me because we had a Republican talk to us about the possibilities that the Republican candidate could offer Indian country, but no concrete information was provided. It was interesting to see how the audience perceived this information. When the Democratic speaker for Presidential candidate spoke, her statistics were concrete, and the message was evident. The incumbent, Barack Obama has followed through with his campaign from 4 years earlier to Indian country, and the video shown was so powerful to because we as Tribal Nations all across America finally have a President that truly has empathy for our past, and wants to move forward together for a better future. It was very moving, and I am excited to be a part of that future.

I was honored to go to NCAI, and I am grateful to the band and its leadership for giving me the opportunity to do so.

Mii Gwetch!

Carolyn Shaw
Area Relations/Special Projects Coordinator



“There were many highlights to this year's convention, but one thing that made a strong impression on me was the Veterans Committee meeting. I was encouraged to learn that some attention is being paid to Native American Veterans, and how to provide better mental health services.

I also attended the Native Vote Alliance. It was great to meet some of the main players, and learn about the past and current efforts to get Indians to the polls. It's about education and communicating the importance of voting – because folks in elected positions can either negatively or positively impact Native Nations.

And I loved the documentary about Billy Mills, who won the Gold Medal in the 10,000 Meter Run at the 1964 Olympics. Super inspiring!”

Jamie Edwards
Director of Government Affairs Mille Lacs Band of Ojibwe

In addition to listening to numerous reports during general assembly and attending committee and breakout

sessions at NCAI's Annual Conference, I also spent hours networking with a variety of very talented individuals doing great work throughout Indian Country.

In areas ranging from federal Indian policy, to economic development, education, child welfare – and even the arts – incredible projects and efforts are underway to improve the lives and livelihood of Indian people across the U.S. (some of which might be of benefit to the Band one day).

Considered a leader in tribal governance, the Mille Lacs Band is often approached to share our expertise (and in some cases our financial support).

It is my job to gather information about projects and efforts then share the information with elected and appointed officials of the Band for possible consideration.

Diane Gibbs
Elected to NCAI Midwest Leadership Council

Trip Johnson, Staff Writer



One final highlight of the NCAI Convention was the nomination and election of Diane Gibbs, current District III Representative of the Mille Lacs Band of Ojibwe, as the NCAI Midwest Area Vice President Alternate.

“It was a great honor to be nominated by our Chief Executive, and also to be voted in by the tribal leaders of all of the Midwest Tribes,” said Gibbs. “I look forward to participating in this group, and helping to advance the causes of our Band.”

Gibbs' primary responsibility will be to convene the bi-monthly meetings, and to assist the sitting Vice President. The NCAI Midwest Leadership Council includes tribal leaders from Minnesota, Wisconsin, and Michigan, and discusses policies and actions which impact all tribes in the region.

Changing Expectations: Band Members Take More Responsibility For Housing Stock As Maintenance Crew Hustles To Keep Up With Demand



Deborah Locke, Staff Writer

Walk onto almost any Reservation and the same issue will surface. Housing. Who gets it, who takes care of it, who pays for it.

The Mille Lacs Band changed its focus in recent years, shifting higher expectations to renters so labor and tight budget dollars could be delegated to the growing population of elders. Consequently, some services were cut to save money, like snow removal for everyone, furnace filter changes, and free repairs to non-essential appliances.

These decisions were based partly on this equation. How many hours of work would it take to preserve, improve and expand the current housing stock in light of reduced budgets and a staff of 16 workers who covered an area of 360 square miles?

Currently there are 450 rental homes within the three Mille Lacs Band Districts. In addition, about 200 Band Members own their own homes on tribal land. Each month Community Development receives about 300 work orders, said Peter Nayquonabe, Commissioner of Community Development. Each day the maintenance employees weigh the emergency calls such as a broken furnace or air conditioner order against a clogged sink order.

"Our priority is safety and health, but when our elders have needs versus a clogged sink, we'll get the sink done but not at the same time," said Arlene Weous, Director of Housing.

The Band's oldest rental homes were built in 1987; homes currently scheduled for renovation or repairs were built from 1987 to 2005. Thirty homes were renovated last year. Now two homes are currently being worked on for demolition or replacement, at a total cost of \$291,998. In short, when tenants trash or destroy a home, the whole Band indirectly pays the cost.

Complicating the matter further are those tenants who resist calling in for repairs. Regular wear and tear in rental homes is expected and the Band will replace

or repair items based on that wear. But when units are damaged or neglected, tenants are responsible for the cost.

In fact, tenants are finding themselves increasingly responsible for their own keep. At one time, the Band went so far as to replace light bulbs. Today a "Home Maintenance Check List" is used to teach tenants of home upkeep and assure that repairs are kept to a minimum. The list instructs tenants to clean their dishwasher and air conditioner filters, remove lint from the clothes dryer exhaust duct, vacuum carpets daily, clean the gutters and downspouts each year and vacuum refrigerator and freezer coils. The check list provides solid, practical guidelines for every renter or homeowner in the country.

"Our mission is to provide safe, affordable housing stock, to educate the tenant and to protect the stock," said Richard Hill, General Manager of Housing.

When tenants fail to keep a home in good condition and leave the premises for whatever reason, the maintenance crew is assigned a review and perhaps renovation of the home. A full renovation takes two months, or 200 to 400 hours of work. Last year 30 homes were renovated for new tenants. Multiply those 30 homes by approximately 200 to 400 hours each and it is evident to see why the maintenance staff is stretched pretty thin.

Also, it's easier to understand why a request for a clogged sink may have slipped to the bottom of the work order pile.

Yet there is an upside. The housing stock continues to increase by one to two percent each year, Peter said, in spite of the fact that the staff has been reduced since 2005.

Additionally, the annual housing inspections permit the staff to learn of problems before they become insurmountable. Tenants occasionally complain about paying for damages they created. Some Band Members remain shocked that they even have to pay rent, Arlene said. Consequently, it became important for the Band to view the housing stock as a Band-wide asset that needed to be run more like a business, and protected. "We need to take care of our assets," she added.

Another positive note: of the maintenance staff of 16, two employees are dedicated to weatherization. The Band received

a grant to install solar panels in 38 homes by next spring. So far, 16 homes now have the panels that imposed no additional costs to the tenant while at the same time, helped reduce heating costs of each home.

Meanwhile, the population of elders is expected to increase as the generation of Baby Boomers continues to age. The

phenomena will create more work orders that require immediate attention. In 2012, 13 elders received renovations to their privately-owned homes at a cost of \$415,314.

That means the Band will have increased costs, along with a larger housing stock, which is why it matters what happens today.

Circle of Health Updates

Circle of Health Staff

Ameritas Vision plan will be cancelled

December 31, 2012:

As a reminder, the Ameritas Vision Plan (previously Brokers National) has been cancelled effective 1/1/2013. Band members currently enrolled in this plan may continue to use the service until 12/31/12. Band members continue to have a \$250.00 annual eyewear benefit to use at a provider of their choice.

Ameritas Dental Plan:

Band members with dental coverage through Ameritas may continue to use this plan until further notice. If you are without dental coverage please contact your claims processor for assistance in enrolling into the Ameritas Dental Plan.

MLTC (Mille Lacs Tribal Community):

The next open enrollment period in Jan. 1, 2013. Circle of Health mails out notices to eligible Band members prior to each open enrollment period. If you do not have health insurance please contact your claims processor for assistance.

Medicare Award Letter:

Please watch your mail closely for your 2013 letter showing the amount that is deducted from your check for Medicare Part B and Part D premiums. Please forward a copy of the new award letter to Roberta at the Circle of Health as soon as you can to assure a timely reimbursement in January. The reimbursement

checks will be mailed on January 11th. If you would like to pick up your check please contact Carol at the Circle of Health office prior to that date

Medicare Part D (Prescription Coverage):

Now is the time to enroll or change your current plan. Open enrollment is now through December 17th 2012. Coverage will be effective on Jan. 1, 2013.

There are many ways to get information about Medicare Part D:

1. The website medicare.gov has great information. You can explore plans and sign up online.
 2. You may call 1-800-Medicare (1-800-63342273) Have your Medicare number available when you call.
 3. You may call the Senior LinkAge Line at 1-800-333-2433 for assistance.
 4. You may come in to the Circle of Health office for personal assistance. Please call Roberta for an appointment. Please note we can't assist you in signing up unless you can come in to the office. We can't sign you up over the phone.
- It is very important that Band members notify Circle of Health of contact information changes (address/phone). We make every attempt to notify Band members of important changes especially when it requires action on their part.
- ### Claims Processors
- A-L: Roberta Lemieux
M-Z: Tammy Smith
1-800-491-6106 or
320-676-8214

Hunting and Gun Safety Tips

Deborah Locke, Staff Writer

Throughout the state's Indian Country during hunting season, dads and uncles – and maybe a few moms and aunties – take young people out to hunt for the first time. For centuries, Ojibwe people have received excellent instruction on preparation for a hunt, tracking, firearm use, and safety.

Below are a few safety tips for the novice to consider, taken from online websites including the National Rifle Association website.

- Keep the gun unloaded until you are ready to use it. Whenever you pick up a gun, immediately engage the safety device if possible, and, if the gun has a magazine, remove it before opening the action and looking into the chamber(s) which should be clear of ammunition. If you do not know how to open the action or inspect the chamber(s), leave the gun alone and get help from someone who does.
 - Know how to use the gun safely. Before handling a gun, learn how it operates. Know its basic parts, how to safely open and close the action and remove any ammunition from the gun or magazine. Remember, a gun's mechanical safety device is never foolproof. Nothing can ever replace safe gun handling.
 - Wear brightly colored hunting clothing so you can be easily seen and not confused with a deer.
 - If you are unfamiliar with the area you are hunting in, carry a map and review it before you leave.
 - Take along a compass. Before you start, decide on a direction to head for if you are lost or disoriented.
 - If you are on water, wear a life jacket.
 - Check the weather forecast. Weather changes quickly in Minnesota. Bring a small survival kit in case you need to stay overnight in the field. Your kit should contain rope, a knife, water, waterproof matches, an emergency shelter and first aid supplies.
 - Use only the correct ammunition for your gun. Only BBs, pellets, cartridges or shells designed for a particular gun can be fired safely in that gun. Most guns have the ammunition type stamped on the barrel. Ammunition can be identified by information printed on the box and sometimes stamped on the cartridge. Do not shoot the gun unless you know you have the proper ammunition.
 - Always let someone know where you are going and when you plan to return.
 - Know your target and what is beyond. Be absolutely sure you have identified your target beyond any doubt. Equally important, be aware of the area beyond your target. This means observing your prospective area of fire before you shoot. Never fire in a direction in which there are people or any other potential for mishap. Think first. Shoot second.
 - Wear eye and ear protection as appropriate. The noise from a discharge can cause hearing damage. Guns can also emit debris and hot gas that could cause eye injury. For these reasons, shooting glasses and hearing protectors should be worn by shooters and spectators.
 - Never use alcohol or over-the-counter, prescription or other drugs before or while shooting. Alcohol, as well as any other substance likely to impair normal mental or physical bodily functions, must not be used before or while handling or shooting guns.
 - Always keep the gun pointed in a safe direction. This is the primary rule of gun safety. A safe direction means that the gun is pointed so that even if it were to go off it would not cause injury or damage. The key to this rule is to control where the muzzle or front end of the barrel is pointed at all times.
 - Keep your finger off the trigger until ready to shoot. When holding a gun, rest your finger on the trigger guard or along the side of the gun. Until you are actually ready to fire, do not touch the trigger.
 - Store guns so they are not accessible to unauthorized persons.
- Dozens of gun storage devices, as well as locking devices that attach directly to the gun, are available. However, mechanical locking devices, like the mechanical safeties built into guns, can fail and should not be used as a substitute for safe gun handling and the observance of all gun safety rules.



Happy November birthdays:

Happy 1st birthday to **Lillian Wade** on November 2nd. Love from Gram-ma Judy & Papa Juice

• Happy 13th birthday to **Marquis** on November 4th, with love from Dad, Mom and Senicka.

• Happy birthday **Beast**, I love ya, Mom.

• Happy birthday **Goose**, from the Rez Kidz.

• Happy birthday to **Marquis** on November 4th. We love ya lots, Grandma Bugs and Grandpa Brett, Grissum, Mr. Kitty, and Summer.

• Happy birthday **Quis, Miss Kitty and Charlie**.

• Happy 36th anniversary to **Clarence (Tarz) & Irene Boyd** on November 26th. Love Judy Rodney

and all the kids.

Happy December birthdays:

Happy birthday to **Judge Osburn** from Tribal Court Staff • Happy birthday **Delsie** on December 6th. Love Dylan and Shelly.

• Happy birthday to **Judith Ballinger** on December 23rd; Love, Heather, Daniel, Thomas and Tyler Virnig

• Happy 18th birthday **Dylan Aubid** on December 30th. Your best years are still ahead of you. Love Mom.

Happy December birthday to Mille Lacs Band Elders!

Judith Louise Beaulieu

Gayle Marie Bender

Pamela Jean Bixby

Henry Benjamin Bonga

Loann Dana Boyd

Phyllis Ann Boyd

Vicki Marie Burton

Kyle Matthew Cash

Lawrence Churchill

Frances Davis

Marilyn Ann Davis

Winifred Marie Davis

Delsie Louise Day

June Louise Day

Randy James Dorr

Rodney John Dorr

Ernestine Michelle Durant

Timothy Craig Foreman

Diane Marie Gibbs

David Darryl Granger

Dale Herbert Sr. Greene

Angeline Hawk

Viola Mary Hendren

Carole Anne Higgins

Frank Jr. Hill

Esther Marie Johnson

Peggy Lou Klapel

Larry Allen Koeppe

Renda Lynn Leslie

Daniel Rae Matrious

Gordon Wayne Matrious

Kim Alane Modaff

Debra Jean Morrison

Richard Raymond Mortenson

Linda Lou Moyness

Clifford Wayne Pawaush

Agnes Pindegayosh

Dale John Pindegayosh

William Richard Jr. Premo

Catherine Sam

Herbert Sam

Susan M. Shingobe

Laura Ruth Shingobe-Garbow

Steven Lee Smith

Louis Franklin Jr. St. John

Anita Louise Upogui

Kenneth Laverne Sr. Wade

Yvonne Cecelia Winiecki

Douglas Alan Wistrom

Lucille Mabel Woyak

Child Support Program Offers "Survival Kits" to Its Clients



complete," said Amy Doyle, director of the program. "We want to touch base with them at least annually to answer questions they may have on their cases or to give them information about our services they may not know we offer."

The kit includes tea, honey, Kleenex, bleach wipes, wet wipes, vapor chest rub, cough drops, chap stick, hand sanitizer and saline nose spray, and it all comes in a reusable grocery bag, Amy said.

A certificate for the kit was sent to all eligible households. Any client who has an active case as of Oct. 31, 2012 is eligible, though those who have foreign jurisdictions cases are not. To receive the kit, clients must return the completed certificate.

The kit must be picked up in person at the Child Support

Toya Stewart Downey, Staff Writer

Tis the season...for more than just the holidays, it is also prime time for common seasonal maladies such as the flu and colds.

That's one reason why the Mille Lacs Band Child Support

Enforcement Program is offering a care package to its clients. Any active client can pick up a free cold and flu "survival kit" to help speed recovery of those pesky illnesses.

"This is a way to get our clients in the door to make sure their case files are updated and

Office at the Mille Lacs Band Government Center from 8 a.m. to 5 p.m. Mondays through Fridays. Urban area residents can pick theirs up at the urban area office, 1404 East Franklin Avenue, Minneapolis, MN 55404, on Mondays from noon to 4 p.m., but must call the Child Support Office in advance to ensure it is delivered to the Minneapolis location. It cannot be mailed, or delivered.

- Details
- Only the custodial parent may redeem the certificate for a kit
 - One kit per household
 - Photo ID is required when signing for the kit

For more information, or questions contact Amy Doyle 320-532-7752.

Healthy Holiday Eating Tips



Toya Stewart Downey, Staff Writer

During the holiday season it's common for food to take the center stage. Family celebrations frequently include favorite foods and elaborate culinary masterpieces that makes everyone want to go back for second or third helpings of the delicious dish.

However, experts warn against over-indulgence and urge eaters to practice healthy habits during the festive holiday season. Here are a few tips to remember:

- Incorporating traditional foods such as fish, rice and corn can help cut the calories and fat that can be found in the typical holiday meal.
- Don't skip meals because you'll end up hungrier and will eat more than intended.
- Eat slowly and savor every bite. Stop when you are full.
- Don't waste calories on foods you don't like. Choose the foods you really want and keep the portions small.
- Choose smaller portions of foods so you can sample

several food items.

- Balance your meals to include equal portions of healthy choices and rich, high calorie foods.
- Fill up on fruits and veggies and other healthy snacks.
- Drink lots of water, cut back on high calorie beverages.
- Don't diet during the holidays. You could end up feeling deprived and could end up overeating. Focus on weight management instead.
- Be cautious of sugary foods – rich, sugary treats tend to make you crave more. Fight the urge with fruit or a small, satisfying portion of your favorite treat.
- Eat a light snack before going to holiday gatherings.
- Don't skip on your exercise routines.
- Enjoy your time with your family and friends and make them the center of attention, not the food.

After business hours, tenants with maintenance emergencies should call 866-822-8538 and press 1, 2 or 3 for their respective district.

Heating, Water, and Home-Related Maintenance Problems

During normal business hours, tenants in Band rentals and private Elders living within the service area should call 800-709-6445, ext. 7433, for work orders.

After business hours, tenants with maintenance emergencies should call 866-822-8538 and press 1, 2 or 3 for their respective district.

Around this time of year commons foods that grace dinner

Child Support Program to hold Cash Drawings

Toya Stewart Downey, Staff Writer

- The Child support program is holding quarterly drawings for Non-custodial parents who have paid consistently and fulfilled their full monthly obligations each month of the quarter. Three names will be drawn and each will receive a \$50 MLB Business gift card. Winners will be notified by mail each quarter. Thank you for being responsible and providing for your children.
- Voluntary garnishments are available on the child support webpage or in the office to request additional funds beyond the amount that can be taken per MLB statute to cover a full monthly obligation of payers using per capita.
- Flu Kits are still available for those clients who received an invitation by mail to pick up at either the urban office or the child support office at the Government center.
- The Child support office will be closed at noon on 12/21 and will be closed 12/24, 12/25 and any checks not picked up Friday 12/21 will be put in the mail.

Elections: Tribes Becoming Increasingly Sophisticated

Holly Cook Macarro, Partner at Ietan Consulting

November 17, 2012 – Just one year ago, the Democrats were written off as likely to lose their majority and control of the Senate to the Republicans. Today, they are looking at a gain of two seats and a 10-seat majority as a result of a near sweep of the top Senate races. While I've indulged in a little celebrating over these victories, I've been doing this long enough to know that everything is cyclical (remember 2000? 2010?) and we all get to be winners and losers some days.

Election 2012 is the strongest indication yet of the political sophistication that tribes have achieved. This election demonstrated an effective combination of political participation at the policy level, Native voter turnout, and strategic giving to races across the country.

Once again, each presidential campaign had a Native American outreach component to it and tribal planks in each party's platform. This is the minimum that is expected out of a candidate nowadays, but I remember when it was a big deal to even get the candidate to utter the words "Native American" in a speech. As a veteran of several presidential campaigns, I know how difficult it is to get the top officials in a presidential campaign to engage on tribal issues. President Obama's national political director, Katherine Archuleta, ensured that tribal leaders and Native politicos were part of the Obama 2012 campaign's plan and Indian country has benefited throughout his tenure from the tribal experience several of his top advisers have—Jim Messina, his campaign manager, has extensive roots in Montana, and Pete Rouse was with former senator Tom Daschle of South Dakota before joining the president's team. That deep familiarity with tribal issues at the highest levels is invaluable—it cannot be taught in a briefing.

One area Indian country did suffer in the presidential campaigns was a result of the changing makeup of the battleground states. The top battleground states (New Hampshire, Virginia, Ohio, North Carolina, Florida, Colorado, Nevada, Iowa, Wisconsin) were not the same states as the last three elections and did not include several key Native vote states. For example, New Mexico, with its sizable Pueblo, Navajo and urban tribal populations was not on the list, and as a result, many tribal issues were less publicized.

In addition to the partisan efforts that were in place this cycle, the nonpartisan efforts played a larger role than ever before. The National Congress of American Indians' well-organized messaging and resource tool kits for tribes to utilize were high-profile in Indian country. There were also tribal efforts within national voter-organizing and training groups like Wellstone Action and Rock the Vote.

All of these efforts combined to give Indian country a few sweet victories on November 6. Senator Jon Tester (D-Montana) and Senator-elect Heidi Heitkamp (D-North Dakota) were two long-shot Democratic victories achieved with tremendous help from the tribes in their respective states. I guarantee they won't forget it.

The effectiveness of tribal efforts was also a result of thoughtful political giving. Both Presidential campaigns hosted tribal political fundraisers this cycle—again, almost the norm now but practically unheard of 10 years ago. We won't know the extent of tribal political giving until final reports from all the committees are released, but I'm sure it will make the headlines of some papers as if we were the cycle's major donors. The fact is, tribal contributions are one small drop in the bucket of the \$6 billion that was spent on election 2012. Probably the biggest message that came from the voters in 2012 was that this was still an election, not an auction.

Looking forward to 2014, there will be another battle for control of the closely divided House of Representatives. The Senate provides several opportunities for tribes to once again play an influential role: senators Max Baucus (D-Montana), Mark Begich (D-Alaska), Al Franken (D-Minnesota), Tim Johnson (D-South Dakota), and Tom Udall (D-New Mexico) are all up for re-election in a cycle that has 20 Democratic Senators and 13 Republican Senators facing re-election. Each of these senators will be looking to tribes for support.

Let's prepare for the opportunity to play a decisive role in these races once again.

Holly Cook Macarro is a partner at Ietan Consulting. From 1999 to 2001, she served as director of the Office of Native American Affairs at the Democratic National Committee. She also served in the White House Office of Intergovernmental Affairs in 1997 and 1998, where she worked primarily on Native American issues.

The Honorable Richard Osburn Completes General Jurisdiction at The National Judicial College



Photo courtesy of Sarah C. Barron

By completing General Jurisdiction, Judge Osburn earned the Professional Certificate in Judicial Development for Tribal Judicial Skills from the NJC.

The National Judicial College was founded in 1963 and is the nation's leading provider of judicial education – offering courses to improve judicial productivity, challenge current perceptions of justice and inspire judges to achieve judicial excellence. Since it opened, the NJC has awarded more than 85,000 professional judicial education certificates to judges from all 50 states and more than 150 countries worldwide.

The NJC is also home to the National Tribal Judicial Center and an International Program. The College's curricula include a Seminar Series, made up of courses that provide judges the opportunity to study diverse and interesting topics at historically and culturally rich locations across the United States. Web-based courses are also offered enabling participants to explore a variety of subject areas online.

The National Judicial College has an appointed 18-member Board of Trustees and became a Nevada not-for-profit (501)(c) (3) educational corporation on January 1, 1978. Please visit the NJC website at www.judges.org for NJC news, ways to donate, course information and more. Or, call (800) 25-JUDGE for more information.

Winter Car Survival Kit List



Don't get caught unprepared this winter.

By Monte Fronk, Emergency Management Coordinator for the Band

- Garbage Bags & Rubber Bands
- Snack Foods for Energy
- Water
- Kleenex/Paper Towels
- Hand Warmers
- Emergency Blanket
- Needed Medications

Other Suggested Items:

- Jumper Cables
- Snowmobile Suit
- Sleeping Bag
- Shovel
- Sand/Cat Litter
- Reflectors
- Rope
- Boots
- Gloves
- Extra Clothing
- Flashlight & Extra Batteries

Items in kit should include:

- Candle & Matches
- Metal Cup/Soup Can
- Whistle
- Alert Tie/Flag
- Pencil & Paper
- Flashlight & Extra Batteries

MESSAGE FROM THE CHIEF EXECUTIVE



MELANIE
BENJAMIN
CHIEF EXECUTIVE

Boozhoo. Aaniin. Greetings. I am returning from a meeting between tribal leaders and President Obama. It was historic, and the President understands our issues and advocates for our causes because he consults with tribes. Flying home, I was thinking back over two decades ago: My first trip to Washington DC for the Band was as Commissioner of Administration for Chief Executive Art Gahbow. He told me that every time he took a trip, he tried to get at least one important thing done. I have always kept that in mind and judge myself by that standard. On this trip, I laid a foundation for the next trip and set up meetings on federal policies. If I am in Washington, or St. Paul at the Capitol, or if I am in a Congressman's office or if I am meeting with the head of an agency: My duty for the Band is to get things done.

In my role as Chief Executive I am also following Band Statutes that require me to "conduct relations with all other government and their political subdivision." Last month, the Mille Lacs Band took the lead on getting the Minnesota Indian Affairs Council to try to get Governor Dayton to strengthen his Executive Order on Tribal Consultation. We know that issues such as wolf hunts and health policy need to be shared by the State with tribes on a Government to Government basis. If the state does not consult with us, they will make mistakes: as they did with the wolf hunt. We are always pushing for stronger consultation policies at the state and federal levels.

By participating in the local, state and national meetings, it means that the Mille Lacs Band is represented, the voice of Band members are heard and the Band's issues are addressed. Without the Chief Executive's presence, the Band would likely be left out of the discussions when decisions that are made. In recent months, I have attended the Indian Affairs Council Meeting at Bois Forte

to participate in the discussion about "Why Treaties Matter," and met with national elected officials at the Democratic National Convention held in North Carolina. I always try to push both political parties and advocacy organizations to adopt policies to improve the lives of Band members, protect our rights, and preserve our way of life.

The voice of the Band needs to be heard at many levels. I recently spoke at the National Tribal Gaming Commissioners/Regulators conference in Hinckley because the Band is a leader in gaming. I also attended the Minnesota Chippewa Tribe's Tribal Executive Committee (TEC) meeting to discuss the Nelson Act and enrollment. In order to make new business contacts, I participated in the Native American Business Forum. By engaging in these events and others like them, I am representing the Band, seeking new opportunities and building strong relationships with the people and entities that are important to the work and business of the Band.

I'm looking at how they can provide services to the Band through contracts and grants, how they can help move the Band forward in its goals and I'm looking for ways to build strong relationships that will support what we're doing. This is why when I am invited to go to places like Washington, D.C. to meet with lawmakers, I go and try to accomplish something for the Band. For example, recently at the National Congress of American Indians, I met with the new Assistant Secretary of Indian Affairs Kevin Washburn (the head of the BIA) and briefed him on Mille Lacs Band issues. At the Global Gaming Expo we made many new contacts and we are always striving to improve our existing businesses and look to the future for new opportunities. I met with the National Indian Gaming Commission to learn the best practices for gaming

regulation. The key is always to get something done, learn something new, make new contacts, and then bring that knowledge back and put it to use for the Band.

My goal is to always seek and establish more ways to provide for the programs the Band offers its members. The Mille Lacs Band's Chief Executives have always taken a lead in regional and national issues. We help to move the policies ahead for our Band and other tribes benefit. Like you, I would like to spend more time with my grandchildren. However, as every Chief Executive of the Band has learned over the years, the Band needs to be represented at meetings. If we were not politically active during Art Gahbow's time, we would not have the Tribal Self-Governance Act. If we were not pro-active on our treaty rights, we would not have those rights today. If we were not pro-active on gaming at the state legislature, our economy and all of our programs would suffer. The Chief Executive needs to be representing the Band at all levels of government so that the Band members can prosper. As Art Gahbow told me all those years ago, I have to get things done when I travel or I have not done my duty which is to advance and better the lives of the Band members.

It is important to remember what relations with the federal government can get us. Our \$21 million wastewater treatment facility could not have been built without multiple trips to Washington. The Mille Lacs lobbying team and tribal leaders took a lead on getting the Nelson Act Claim Settlement Act through the Congress. These trips eventually pay off. However, it takes time to build relationships in Washington and St. Paul. We must go to these cities so that the needs of Band members can be heard. Whoever the Mille Lacs tribal leaders are at any point in history, they provided an important voice for the people

of the Band. The leaders of the Mille Lacs Band, past, present and future will always be at the table with the Governor, the Interior Secretary, or the President. We do it for the people of the Band. That is our duty.

Equally important to the external meetings are those that are held closer to home. I meet with Band members every day and get their views on all issues. Recently, I met with Elders in Districts I, II, IIIA and III to begin dialogues on what matters most to them. Those conversations have already helped me and will continue to help me in my role as Chief Executive as I work to meet the needs of the Elders and the community as a whole. My heart is always with the elders, the children and the Band members as I travel on the reservation or across the country. As hard and lonely as travel can get, I keep the needs of the Band members at the forefront of my thoughts and you inspire me to open my mouth to advocate for our causes.

As I move forward on behalf of the Band and the community, I would like to encourage you to contact me anytime, by whatever method of communication you prefer. You can send me an email at Melanie.benjamin@millelacsband.com, call my office at 320-532-7486, or if you feel like it, just stop by to chat. My door is always open to Band Members!

I believe our best days are ahead of us, but that will entail hard work. Let us work together to continue to build a community that our grandchildren will be proud to advocate for when it is their turn to lead.

Miigwech!

Melanie Benjamin
Chief Executive

2013 State of the Band Address



Tuesday, January 8, 2013
Starts at 10 a.m. Doors open at 9:30 am.
Grand Casino Mille Lacs Events and Convention Center

All Band Members are welcome to attend!

Band Statutes Title IV § 6 (i)
(i) To present to the Band Assembly an annual State of the Band Address on the second Tuesday of January of each calendar year.

Halloween Party

Scenes from the District 1 Annual Mille Lacs Band of Ojibwe Halloween Party, held at the new Early Education Building and sponsored by Family Services. As the photos attest, the event was so fun it was scary!



Photos courtesy of Shana Sawyer-Matvius

CMD Notes

CMD Monthly Directors Meeting Minutes October 12, 2012 12:00pm – GCML Grand Grill

Present

Peter Nayquonabe – Commissioner of Administration
Michelle Palomaki – Assistant Commissioner of Administration
Carla Dunkley – Executive Assistant
Brian Scheinost – Director of Public Works
Arlene Weous – Director of Housing
Mike Molainen – Director of Planning & Project Management
Shauna Coons, Deputy OSG/ Housing Attorney
Jodi Benson – Operations Manager
Jackie McRea – Finance Manager

Absent

None

I. Operations Manager

A. Report Highlights

1. Contracts – 68 contracts were processed in September.
2. Personnel –
 - a. An updated printout of each staff's annual and sick leave balances was supplied.
 - b. Still need to start visiting the facilities in the outer districts to check up on staff.
 - c. Issues with hiring process include delays in posting and scheduling of interviews; and lack of candidates with a drivers license.
3. Vehicles – No vehicle log sheets were supplied for review.
4. Scanning –
 - a. Check requests, POs, budget revisions, journal vouchers, and approved contracts are scanned daily.
 - b. Complete tenant files are now being scanned into Laserfiche.

B. Commissioner's Directives/ Comments

1. Commissioner Nayquonabe thought the Department Commissioner, Housing Director and Attorney should have access to the complete tenant files. He requested that both Shauna Coons and Sara Rice in the Chief's Office be given licenses.

II. Director of Public Works

A. Report Highlights

1. BIA Projects –
 - a. Wise Owl (BIA/ ARRA) District III – This project was completed in July. Earthworks completed the stormwater ponds. BIA submitted final payment to the Band. Funds were wire transferred to appropriate line items. The final ARRA report was submitted Oct. 9th.
 - b. Atage Drive Extension (BIA) – NO progress with getting EAW approved with the MLB DNR.
 - c. Zingwaak II Housing Development contract was awarded to Redstone Construction. Work started on this project in September.
 - d. BIA Dist. Bids were opened on this project with Tri-City Paving being awarded the contract. This is for paving Mosey Dr. and several repairs in the Bugg Hill II and Wagidaaki Rd. Mille

Lacs Electric is working on a lighting design for the East Lake Community Center Parking lot. Bids for the East Lake Community Center Paving project were opened with Anderson Brothers being awarded the contract. Both of these paving projects are going to be completed in late spring of 2013 due to the end of construction season coming.

2. IHS –
 - a. Existing IHS projects include: a well pump and onsite septic systems in District II; a well in Mille Lacs County; and an onsite septic system in Sandstone. The Dirt Doctor has a contract for the Sandstone site.
 - b. IHS is in the process of writing a MOA for a portion of the funding for the Zingwaak Odenea phase II housing development, this grant will be in the amount of \$250,000. It is currently in the appropriation process.

3. Accounts Receivable –
 - a. Commercial Solid Waste - Invoiced a total of \$3,582.50. Total A/R for September was \$1,171.30 of which 92% were for invoices < 30 days.
 - b. August Water/ WW – Invoiced a total of \$43,235.75 for August Water/ WW. Total A/R for September was \$46,462.20 of which 100% were for invoices < 30 days.

4. Residential Solid Waste – Received total payments of \$3,076.41 down from \$2,831.17 received in August.

5. The following problematic Commercial accounts still have outstanding delinquent invoices (90 days or more): Homeless Shelter, Bus Garage, Lake Leona Community Center, NAS Upper and Lower Schools.

6. Need to figure out how we will proceed with billing customer list versus driver's route. Need to know what action we plan to take: will we pursue garnishments? Need all customers to complete service applications. Multiple customers have their bills return undeliverable, even if we are picking up at the service address. Also, need to know what billing system we are going to continue using.

7. Solid Waste –
 - a. Customers – 10 new; 1 cancellation.
 - b. We filled the vacant FT SW Driver position.
 - c. Water/ WW and Roads staff assisted 19 times due to staff shortage.
 - d. Miscellaneous Activities – Got new ties installed on one of the trucks.

8. Water/ Wastewater –
 - a. Water Plant –
 - i. Pumped 4.6 million gallons.
 - ii. Changed 2 C12 cylinders.
 - iii. Replaced 2 misters, and had a valve changed out. Please note changes in meter numbers.
 - iv. Had reoccurring C12 system failures due to brittle lines; are in the process of getting parts to repair, which should be done in October.
 - b. Water samples taken in September all came back negative.
 - c. Staff treated 1 onsite residential well site.
 - d. There was 1 water shut off.

9. Waste Water –
 - a. Lift station #1 –
 - i. Ran 166.7 hours with a 97.2 variance with a large variance these numbers cannot be authenticated due to transducer failure and are suspected to be incorrect.
 - ii. Pumped 16 tanks this month.
 - iii. Checked out 1 onsite system.
 - iv. Repaired one cleanout in D1 this month.

MD Director's Meeting

October 12, 2012/ CJD

CMD Director's Meeting

October 12, 2012/ CJD

CMD Notes Continued

- c. Miscellaneous Activities –
 - 1) Had 6 funerals in September.
 - 2) Got new tires installed on trucks.
 - 3) Assisted with SW route pick-up.
- 6. Roads –
 - a. Mowing –
 - 1) District I & IIa - Continued with mowing for the first part of the month, but has since stopped for the year.
 - 2) District III - Continued with mowing for the first part of the month, but has since stopped for the year.
 - 3) Have all the mowers put away in the DECO garage and winterized.
 - 4) Will be utilizing one with a leaf vector to clean up Lake Side Park.
 - b. Roads Maintenance – Completed some street cleaning in Districts I & III.
 - c. Plowing –
 - 1) Prepared all trucks for upcoming plow season.
 - 2) Will be reworking the plow routes in the next month.
 - d. Other activities –
 - 1) Assisted with SW route pick-up.
 - 2) Completed some minor vehicle repairs.
 - e. Staffing –
 - 1) We filled the vacant FT Roads Technician position in DI. The new hire will be completing his road test in the first part of November.
 - 2) Roads Technician who was on FMLA has now come back to work full-time.
 - 3) DIII Seasonal Roads Technician will work until the end of October to complete some extra clean up in the area.
 - B. Commissioner's Directives/ Comments –
 - 1. In response to Commissioner Nayquonabe's inquiry about water testing, Brian stated that testing for asbestos would be included on the next water samples taken.

III. Director of Planning and Project Management

- A. Report Highlights
 - a. Project Updates
 - a. District I Projects –
 - 1) New Residential Construction – 1 started; 0 ongoing; 1 completed
 - 2) Residential Remodels – 1 started; 0 ongoing; 0 completed
 - 3) Commercial –
 - a) DI Head Start Facility – Construction was completed and the Grand Opening was held. Still working on some HVAC commissioning.
 - b) NAS Flooring Replacement - Contract has been approved.
 - c) Government Center Admin. Area Remodel – Cobra Construction completed.
 - d) Government Center H/C Remodel – Construction is underway.
 - e) Government Center Re-roofing - United Roofing completed; contractor is processing a claim for damages incurred during the project.
 - f) NIS Clinic Exterior Door Replacement - Contract is in place.

- b. District II Projects
 - 1) New Residential Construction – 0 started; 0 ongoing; 2 completed
 - 2) Residential Remodels – 0 started; 0 ongoing; 0 completed
 - 3) Commercial –
 - a) All U Roof - Applied for possible product warranty claim.
 - b) Minis Academy/ East Lake Comm. Center Security – Repair work completed.
 - c) Women's Shelter Flooring Replacement - Contract is in process.
- c. District III Projects –
 - 1) New Residential Construction – 2 started; 0 ongoing; 2 completed
 - a) One of the new homes being constructed by Jack's Construction was vandalized and reported to law enforcement. The home was near substantial completion at the time that the vandalism took place.
 - 2) Residential Remodels – 1 started; 3 ongoing; 0 completed
 - 3) Commercial –
 - a) Lake Lena Community Center Canopy & Stevens Lake Cemetery Signage – Both in scoping stage and waiting for input from project committee yet to form.
 - b) Community Center & Ceremonial Building Re-roofing – An appropriation request is in process based on the bids received.
- d. Off-Reservation Residential Remodels – 0 started; 0 ongoing; 2 completed
- 2. Earthworks –
 - a. Spent the majority of the month at the new DI Headstart site completing:
 - 1) final grading; spreading black dirt; laying sod; and blanketing and seeding various areas around the building; and
 - 2) preparation of its playground sites.
 - b. Completed the final grade and seeding of 7 yards in DII. Also, worked on reseeding and touch-up of a couple of yards.
 - c. Delivered some black dirt to Elders.
- 3. Planning –
 - a. Zhegwan Oodena Phase II Housing Development – Lot clearing & pipe installation started in September.
 - b. Sher Property –
 - 1) The preliminary plat was approved by the Mille Lacs County Planning Commission on June 11th.
 - 2) We have also been meeting with the Timber Bay camp about a possible land donation from the camp in exchange for leaving part of our property undeveloped; this issue has not moved forward to date.
 - 3) The EA should be submitted to the BIA in early October.
 - c. Wise Owl Development - Received a message from Elisse Aune on 9/20 that the Elders on the Federation Cultural Resources Board don't want any more construction in the Wise Owl Subdivision, as it is all cemetery. Carla requested something in writing to document the decision but to date nothing has been received.
- 4. Ataga Drive Extension –
 - a. MLB DNR decision on the EAW is still needed as soon as possible.
 - b. Further delays in the project's progress may result in the loss of \$600,000 Federal dollars.
 - c. No progress has been made on environmental or archeological clearance for project.
 - d. Contacted by BIA again requesting status of project.
- 5. Building Inspector's Report –
 - a. 23 building permits were issued.
 - b. Approximately 81 inspections were conducted.
 - c. 2010 total permits - 116; 2011 total permits - 236; 2012 permits subtotal - 183.
 - d. 2012 inspections to date - 632.

CMD Director's Meeting

October 12, 2012/ CJD

CMD Notes Continued

- d. Evictions – DI – 15; DIIa – 2; DII – 4; DII – 3 with all requiring an unlawful detainer to be filed.
- e. One (1) Low Rent unit eviction was upheld in court, with the tenant/ power of attorney being given until September 30, 2012 to move out all property from the unit.
- f. Sent out recertification letters to HUD tenants. Those tenants not responding have received a lease violation and a notification of rent increase to the maximum amount allowed.
- g. 8 applicants approved through the Emergency Rental Assistance grant program.
- h. 15 applicants were assisted with the Emergency Loan Program.
- i. Property Manager and Accounts Coordinator have continued to compile the rental delinquency payments. Notices have been sent for those who are delinquent.
- j. Staffing – 1 FT Property Assistants; 1 vacant Property Assistant position which was reposted; 1 temp, hire to mow lawns at vacant units in DII until October 31st.
- 7. TRR Crew –
 - a. Projects –
 - 1) 16384 Nay Ah Shing Drive – project is approx. 85% complete.
 - a) Work scope included new roof, siding, windows, concrete work, flooring, cabinets, millwork, interior, exterior doors, electrical and paint.
 - 2) 36435 197th Place – project was completed October 4, 2012.
 - a) Extensive interior and exterior work scope.
 - b) Solar heat panel was installed on August 20th.
 - 3) 63233 Grouse Trail – project is approx. 90% complete.
 - a) Home was renovated 8 years ago so it didn't need much interior work.
 - b. Staffing – 1 Supervisor, 9 carpenters (3 assigned to each district).
 - c. Weatherization – The Weatherization department has slowed down due to the ARRA program closing.
 - a. Had one SERC install which brings the completed installs to 19.
 - b. One inspection was completed and had one weatherization furnace call out.
 - c. Assisted HHIS with income guidelines.
 - d. Received approval for weatherization to cover the cost of some work needed at the Women's Shelter.
 - e. Staffing – 1 Auditor, 1 Technician
- 8. Weatherization – The Weatherization department has slowed down due to the ARRA program closing.
 - a. Had one SERC install which brings the completed installs to 19.
 - b. One inspection was completed and had one weatherization furnace call out.
 - c. Assisted HHIS with income guidelines.
 - d. Received approval for weatherization to cover the cost of some work needed at the Women's Shelter.
 - e. Staffing – 1 Auditor, 1 Technician
- 9. Staffing –
 - a. Since the month of May, the department has held monthly staff meetings in each district. This is a mandatory meeting for General Manager, Property Manager, Resident Services Supervisor, Maintenance Coordinator, and all Maintenance supervisors.
 - b. Training - Housing Director and the General Manager attended the Minnesota Coalition for Homelessness in Duluth.
- B. Commissioner's Directives/ Comments –
 - 1. In response to the request of having Kristi Owens come back to assist with training the new Transitional Housing Coordinator, Commissioner Nayquonabe stated that would be fine but a PPAN should be processed for her resignation. If she comes back to assist with training, a PPAN would be processed for her as a temporary employee.

V. Deputy OSG/ Housing Attorney

- A. Report Highlights
 - 1. Housing
 - a. Tenant Issues

CMD Director's Meeting

October 12, 2012/ CJD

CMD Director's Meeting

October 12, 2012/ CJD

CMD Director's Meeting

October 12, 2012/ CJD

- 6. Staffing – Fully staffed.

IV. Director of Housing

- 1) Report Highlights
 - a. Elder Renovations –
 - 1) Spreadsheet of each project's status was prepared by the Executive Assistant.
 - a) One (1) application was denied as the applicant did not hold ownership interest in the home.
 - b) Applicants that need project work scopes for review – two (2).
 - c) One (1) applicant with an approved work scope was posted for bid.
 - d) One (1) project has a contract in process.
 - e) Two (2) projects received contract approval, however, one (1) project is now pending as the land lease has not yet been transferred into the applicant's name.
 - 2) District IIa –
 - a) One (1) project with a partial elder/ disabled work scope received contract approval, however, the project is now on hold due to the applicant's hospitalize and health.
 - 3) District II – No applications or projects at this time.
 - 4) District III –
 - a) One (1) application remains on hold, as the Commissioner needs to discuss her situation with the Housing Board.
 - b) One (1) received contract approval.
 - c) One (1) project started.
 - d) Two (2) projects were ongoing.
 - 5) Urban –
 - a) Two (2) applicants need a work scope for review.
 - b) Two (2) projects with minor work scopes were completed.
 - c) One (1) approved work scope need to be posted for bid.
 - d) One (1) project was posted for bid.
 - e) Three (3) projects had contracts in process.
 - 2. Disabled Housing Renovation Projects –
 - a) Spreadsheet of each project's status was prepared by the Executive Assistant.
 - 1) District I –
 - a) One (1) application was denied as the applicant did not hold ownership interest in the home.
 - b) One (1) project was posted for bid.
 - c) One (1) project has an approved contract.
 - d) One (1) project received contract approval, however, construction cannot start until the applicant returns his signed retention agreement.
 - 2) District IIa –
 - a) One (1) project with a partial elder/ disabled work scope received contract approval, however, the project is now on hold due to the applicant's hospitalize and health.
 - 3) District III –
 - a) One (1) project was ongoing.
 - 3. Transitional Housing –
 - a) 5 Notices sent to tenants –
 - 1) District I- 3 were eviction notices. One tenant has received 2 breaches this month for no pet policy and alcohol in unit. One of the breaches were cured through an MOA but no response on the last notice which has now become an eviction. Tenant #2 has until October to cure this notice. Tenant #3, the head of household which is a Mille Lacs Band

- member has vacated the unit. The decision was made to allow the non band member thirty days to find housing for her and the children.
- 2) District II- 2 notices sent to tenants. One tenant received a notice of breach in August and in August, failed to respond which led to an eviction notice. Tenant #2 was served an eviction notice in August that allowed them to remove their property in September. Typically at this point the status would move to unlawful detainer.
- b. ICRs – DI – 10; DII – 0.
- c. Tenants with case plans – All new tenants have been beginning case plans. We are attempting to work more closely with Family Services which will provide documentation if the family is not complying with their case plans. We are currently working with Family Services to have their staff assigned to our tenants when their case plans were developed. In addition, we are collaborating with the DOL to meet the needs of the tenants through their course offerings to attend educational opportunities. We have attended a meeting with Behavioral Health staff to discuss how we could improve our process and work more effectively with our clients.
- d. Move ins – DI – 2; DII – 0.
- e. Move outs – DI – 0; DII – 0.
- f. Vacant units – DI – 4; DII – 2.
- g. Waiting list: DI – 45; DII – 0.
- h. We have discontinued our District I program of the temporary employment.
- i. All of the DII occupied units have been renovated by the Maintenance staff with all the carpet having been replaced with vinyl.

- 4. Resident Services –
 - a. Annual inspections completed – DI – 0; DIIa – 0; DII – 0; DII – 0; DIII – 0.
 - b. Walk through inspections:
 - 1) DI - 1 weekly; 3 bi-weekly; 8 monthly; 0 quarterly.
 - 2) DIIa - 2 weekly; 3 bi-weekly; 4 monthly; 0 quarterly.
 - 3) DII - 3 weekly; 3 bi-weekly; 4 monthly; 0 quarterly.
 - 4) DIII - 5 weekly; 7 bi-weekly; 5 monthly; 0 quarterly.
 - c. Full inspections – DI – 17; DIIa – 3; DII – 7; DIII – 13.
 - d. Move ins: DI – 1; DIIa – 1; DII – 1; DIII – 1.
 - e. Move outs: DI – 0; DIIa – 0; DII – 0; DII – 0.
 - f. Lease violations: DI – 8; DIIa – 3; DII – 3; DIII – 3
 - g. Memorandum of Agreement (MOA) – 3 of 3 are in compliance.
 - h. 3 Drug tests –
 - 1) DI – 0
 - 2) DIIa – 0
 - 3) DII – 1 with passing results.
 - 4) DII – 0
 - 5) Transitional – 2 with passing results.
- 5. Staffing – R.S. Supervisor, 2 R.S. Assistants, 1 vacant position which was reposted.
- 6. Housing Maintenance –
 - a. 320 Work Orders Completed – DI & DIIa – 221; DII – 51; DIII – 48
 - b. DII Maintenance –
 - 1) Staffing – 1 Supervisor, 5 Technicians, 2 temp, day labor
 - 2) 140 DI homes serviced: Housing stock - 51; Private Elder – 89.
 - 3) 23 DIIa homes serviced: Housing stock - 12; Private Elder - 11.
 - c. DII Maintenance –
 - 1) Staffing - 1 Supervisor, who has given his 30 day notice of retirement, 1 Technicians, 1 vacant Technician, 1 day labor.
 - 2) 20 homes serviced: Housing stock - 17; Private Elder - 3.

CMD Director's Meeting

October 12, 2012/ CJD

VI. Finance Manager

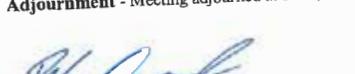
- A. Report Highlights
 - 1. Mortgages & A/R –
 - a. Sent monthly billings and late notices for all loans, rental units and work orders.
 - b. We negotiated 5 new workout agreements with loan holders that were delinquent.
 - c. Four (4) new insurance and three (3) new tax escrow accounts were set up.
 - d. Set up billing for multiple work orders and 25 new HELP loans.
 - e. Continued working with Housing to ensure that rental units remain consistent.
 - f. Worked out rental collection agreement for 9 renters. Total repayment agreements for renters as of 9/30/12 - 41 agreements with outstanding rents totaling \$181,641.
 - g. Completed repayment agreements made for 6 work order accounts.
 - h. Mary continues to work on home loan processing.
 - i. Currently, Mary is working with one approved applicant who has started the construction process; two more approved applicants who have not yet decided whether to build or purchase; and one applicant with a title search in process but no closing date yet scheduled.
 - j. Mary also continues to process renovation loans requests and tracks that spending.
 - k. Mary has 6 applications to present to the Housing Board.

CMD Director's Meeting

October 12, 2012/ CJD

- 1. Mary has 2 closing scheduled in October, and 2 in November.
- 2. Budgets - Requested copies of the budgets to start to familiarize myself.
- 3. Software – Met briefly with Inter-Tribal Software Consultants on Mortgage Software; and getting the home loan documents into Laserfiche.
- 4. Policy & Procedure
 - a. Worked on recommendations for Real Estate Taxes; Insurance & Home Maintenance Escrow Plan; and Buy-Back Program for Disabled Elders and/or Veterans.
 - b. Documents were sent to OSC & Commissioner Nayquonabe for review.
- 5. Manager Activities –
 - a. Trying to familiarize myself with the tasks completed by both the Loan Coordinator and Accounts Coordinator.
 - b. Trying to familiarize myself with policy & procedure; different home loan programs; bankruptcy & collection issues; tax & insurance issues; problematic properties; and basically all aspects of the mortgages & A/R.
 - c. Drafted a Strategic Home Loan Program.
- 6. Commissioner's Directives/ Comments –
 - 1. Commissioner Nayquonabe stated that the policies drafted were forwarded to Richard & Arlene for review and he would send her the marked up copies for revision. Also, it was reviewed that any policy brought forward to the Housing Board must be done so only upon approval of the Department Commissioner.
 - 2. Commissioner Nayquonabe planned to meet with Jackie the following week to discuss the job duties of the Finance Manager.

Adjournment - Meeting adjourned at 1:25 pm.


Commissioner of Community Development

10/29/12
Date

CMD Director's Meeting

October 12, 2012/ CJD

October 12, 2012/ CJD

Calendar of Events

December 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7	8 Birch Bark Ornament Workshop Noon to 4 p.m. Fee: \$25/\$20 MHS members; Additional supply fee of \$15. Reservations required, call 320-532-3632
9	10	11	12 District I Christmas Party 5 p.m. @ Grand Casino Mille Lacs Convention Center District 2 Christmas Party 5 p.m. - 7 p.m. @ East Lake Community Center District 2 - A Christmas Party 5:30 p.m. @ Chiminising Community Center	13	14	15 Elders Holiday Party Contact: Denise Sargent 320-532-7854
16 The People of Big Lake 8 p.m. On tpt Life Channel 2.3	17	18	19	20 Urban Area Community Meeting 5:30 p.m. @ All Nations Indian Church District III Christmas Party  6 p.m. @ Grand Casino Hinckley Ballroom. Performance by comedian Tito Ybarra. Contact Jenelle Kingbird for more info. 320-384-6240	21	22
23 The People of Big Lake 2 a.m., 8 a.m., 12 p.m. & 2 p.m. On tpt Life Channel 2.3	24	25 Christmas Day	26	27	28 The Shirelles 7 p.m. @ Grand Casino Hinckley Tickets: \$10	29 The Shirelles 7 p.m. @ Grand Casino Hinckley Tickets: \$10 Wayne Brady 7 p.m. @ Grand Casino Mille Lacs Tickets: \$15
30 Wayne Brady 7 p.m. @ Grand Casino Mille Lacs Tickets: \$15	31 New Year's Eve Sobriety Feast Pow Wow	Jan. 1 New Year's Day Tribal Holiday Government offices closed all day	2	3	4 January 21 Tribal Holiday Government offices will close at noon January 24, 25 & 31 Tribal Holiday Government offices closed all day	5



'The People' of Big Lake on Twin Cities Public Television

The traditions of the Mille Lacs Band of Ojibwe, shown in historic film footage and today, demonstrates the importance of family, relationships and cultural continuity among this Band from central Minnesota. This film is produced by Band member Rick Anderson, with archives coming from the Band's Historic Preservation office. Make sure to mark your calendars to watch this show!

Check out our calendar above for show times or visit <http://www.tpt.org/?a=programs&id=22577> for additional information.